

Starting Solids

Breastmilk or formula will continue to be your baby's primary source of nutrition until around 12 months of age

Your baby does not need water, but may have small amounts (~1oz) with their solid foods. Introducing water in a straw cup or open cup is recommended.

Never leave a baby with food unattended. Any adult that will be feeding your baby should be up to date on what to do if baby is choking.

When?

Around **6 months** of age when your child is **sitting up unassisted**.

What?

Never feed a baby under one (1) year of age honey or any honey product. It can be deadly.

Babies should receive a variety of foods including fruits, vegetables, meats, grains, and even dairy. When serving dairy remember to serve whole fat dairy, and avoid milk until one (1) year of age. Iron-containing foods are important in your baby's diet. Foods with iron include meats, poultry, beans, and fortified grains.

Avoid foods that are a high risk for choking. These include raw carrots, peanuts, nuts, thick layers of peanut butter, popcorn, and whole grapes.

Unless there is a family history of food allergies or any indication baby may have a food allergy, common food allergens should be offered as soon as baby starts solids. Offer one a time with 2-3 days between each allergen. The top food allergens are nuts, peanuts, egg, dairy, fish, shellfish, wheat, and soy.

How?

Whether you decide to feed your baby purees, use baby led weaning, or a combination of the two there are guidelines to help things get off to a great start.

First, don't bring a hungry baby to the table. Feed your baby their typical breastmilk or formula feeding before sitting them in their high chair. A baby new to eating is learning how to eat, and a hungry baby is in no mood to learn.

Secondly, you want to watch closely for signs your baby is done eating. Forcing them to attempt to eat more than they want is not setting you or them up for success.

Feed baby when you feed the family. Let them be part of the meal even if they are not eating the same meal.