

How to start solids

- Choose a time when Baby is happy.
- Start with food like mashed banana, iron-fortified baby cereal or mashed vegetables.



- Make the food smooth and mushy by adding breastmilk or formula.



- Baby may only want a little at first. Give her more as she gets used to it.
- Once Baby is used to eating solid food, add some soft, mushy meat to her food.
- At first give Baby solid food once or twice a day. As she gets used to it, give her solid food more times each day.



The iron in lean meat gives Baby strong blood and helps her grow. Minced meat can be cooked so it is soft, then mashed so it is smooth and fine and easy for Baby to swallow. Add soft meat to mashed vegetables or rice cereal.

- Stay with your baby while she is eating, so you can help if she chokes.



Things to avoid

- Don't add sugar, salt or soy sauce to Baby's food.



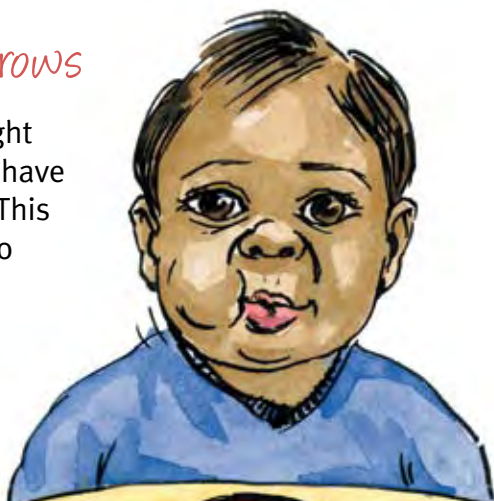
- Don't give foods that might make Baby choke – nuts, hard raw fruit, lollies or sausages with the skin on.



- Don't put the spoon or food in your mouth before giving it to Baby.

As your baby grows

- At around seven or eight months old, Baby can have food with soft lumps. This will help her to learn to chew and talk well.



- Give Baby some fruit and vegetables every day.

- Include Baby at the table for family meals. Baby will watch you and the rest of the family. If you eat healthy food, Baby will learn to eat healthy food too.



- Clean your child's teeth daily – use a small soft toothbrush and brush very lightly or use a soft cloth to wipe your child's teeth and gums.



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Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!

For more information contact your local health worker