

Starting solids



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

Until Baby is around six months, breastmilk is the only food or drink they will need.

Don't start solids too early. Baby is not ready to start solids if food is pushed back out with the tongue when put in the mouth.



Don't start solids too late. Baby may get weak blood and stop growing well if solids are started too late.

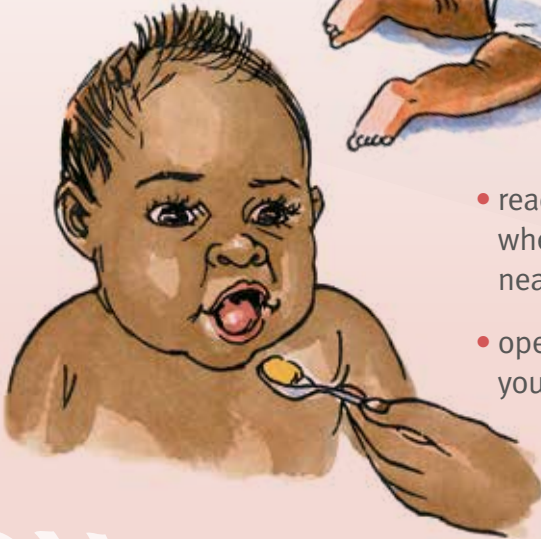
You know Baby is ready for solids when they are:

- about six months old
- able to sit up on your lap, and hold their head up steadily
- able to roll over

Baby should still have breastmilk as well, up to at least one year.

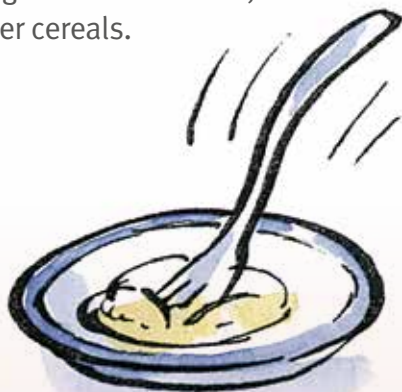


- reaching out for food when someone is eating nearby
- opening their mouth when you put a spoon near it.



How to start solids

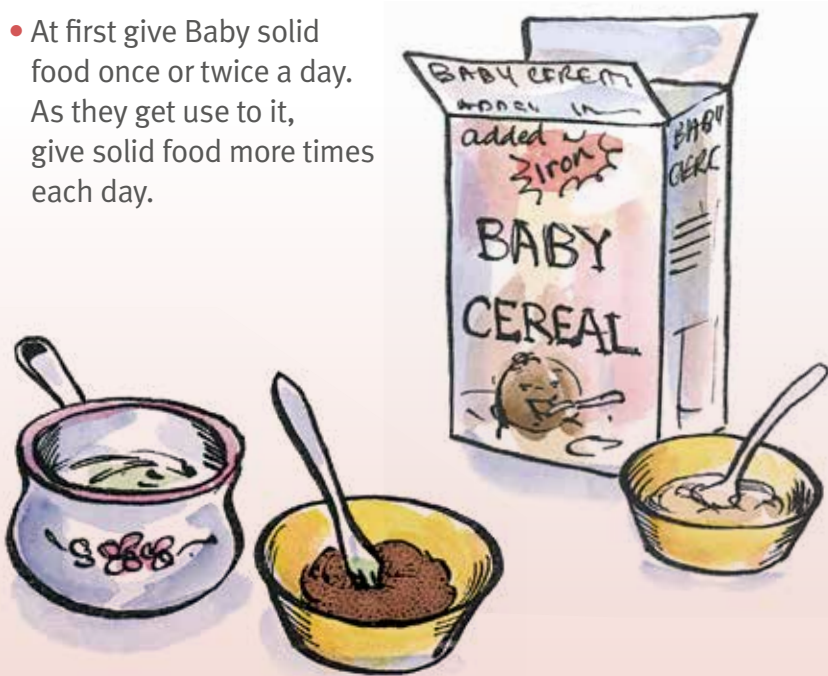
- Choose a time when Baby is happy.
- Start with iron rich food like baby cereal, followed by mashed vegetables and fruits, pureed meats, and other cereals.



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



- Baby may only want a little at first. Give more as they get use to it.
- Add soft meat to mashed vegetables or rice cereal.
- At first give Baby solid food once or twice a day. As they get use to it, give solid food more times each day.



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

Stay with your baby while they are eating, so you can help if they choke. Don't force Baby to eat or finish food.



Things to avoid

- Adding sugar, honey, salt or soy sauce to Baby's food.



- Giving foods that might make Baby choke – nuts, hard raw vegetables or fruit, lollies or large pieces of sausages with the skin on.



- Putting the spoon or food in your mouth before giving it to Baby.

As your baby grows

- Move from smooth food to foods with lumps. This will help Baby to learn to chew and talk well.
- By eight months Baby can have finger foods as well.





- Give Baby some vegetables, fruits, meat, fish, cereals, and dairy foods 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.

Growing Strong

Feeding you and your baby

For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



<http://creativecommons.org/licenses/by/2.5/au>
© State of Queensland (Queensland Health) 2012

Illustrator Julie Haysom