



Signs Your Baby is Ready to Start Solids



Your baby is ready to start solids if:

- She can sit up with a steady head without help
- She does not push solids out of her mouth with her tongue (tongue thrust reflex)
- She can swallow
- She can put things into her mouth
- She can pick things up using her thumb and finger
- She seems interested in food (watches you while you eat, reaches for food)
- She wants to put food in her mouth (turning her head away from the spoon means no!)

Your baby is not necessarily ready to start solids if:

- She is unsatisfied after a feeding
- She wants to feed more frequently
- Increased waking in the night
- Chewing fists

These signs that your baby is not necessarily ready to begin solids alone could also be an indication that she is sick, teething, having a growth spurt or experiencing other development milestones.

Remember, her 4-month birthday is a major development milestone. At this age your baby may show an increased interest at the dinner table. However, this is not a sign she is ready for solids but more a desire to participate in activities with her family. There are lots of things you can do to include her in family dinner time:

- Let her join you at the table so she can see what's going on.
- Put some water, breastmilk or formula in a sippy cup she can play and experiment with.
- Let her play with spoons, cups and plates that are baby-friendly.
- Offer her ice chips or slushy breastmilk to play with a spoon.
- Include her in the dinner conversation.

Most babies are ready to start solid foods around 6 months. Check with your pediatrician or Health Care Provider for their recommendation.



Gentle Baby
SOLUTIONS



The information and advice on the Gentle Baby Solutions' site and handouts should not substitute for the advice of your family doctor or other trained healthcare professionals and is not intended to diagnose or treat your child. The content may not be relevant for children with health or developmental problems. Never disregard professional medical advice or delay in seeking it because of something you have read on this site.