

▶ Readiness Cues & Timing

The Dietary Guidelines for Americans and the American Academy of Pediatrics recommend introducing solid foods at or around the age of 6 months



Readiness cues:

- ✓ Good head control
- ✓ Sits with help or support
- ✓ Brings objects to mouth
- ✓ Seems interested in food

Pick a good time when baby is:

- ✓ In good spirits
- ✓ Wide awake
- ✓ Mildly hungry



Pay attention

to recognize & respond to hunger cues



BabyMatters
by Gerber Medical Hub

Starting Solid Foods



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1. Dietary Guidelines 2022

Breastmilk is the ideal nutritional start for an infant. Infant formula and complementary foods should always be prepared, used, and stored as instructed on the label.



▶ How to Begin

Baby spoon feeding is the introduction of solid foods in pureed form, such as infant cereal or purees, on an infant spoon



Familiar taste of breastmilk or formula helps Baby **accept** the new taste of cereal



Spoon feeding is a way to introduce solid foods

Parents can **pre-load spoon** for Baby to self-feed



Baby-led feeding is a way to introduce foods which focus on self-feeding



Pay attention to recognize & respond to **fullness cues**



Fullness cues:

- ✓ Stops or slows down the pace
- ✓ Turns head away
- ✓ Relaxed and may fall asleep
- ✓ Gets distracted and starts looking around



Keep trying a variety of foods. For some babies it may take 8-10 exposures of a new food before they accept and seem to enjoy it!

Getting enough **vitamin A, E, C & zinc** from foods like fortified baby cereal, baby fruits and veggies, helps support a healthy immune system



Iron-fortified baby cereals help provide iron that supports **healthy growth & brain development**

Experiment with different textures

Start with thin and smooth and add more texture, like chunky or thick as baby develops



▶ Key Nutrients & Textures

Feeding baby foods can provide key nutrients, and at the right consistency, like purees, can support the development of a wide variety of jaw movements and increase the ability to adapt to different types of oral sensory information and textures

▶ How Much is Enough?

Responsive feeding is a feeding style focusing on responding to a child's hunger and fullness cues, helping young children learn how to self-regulate their intake