Introduction of solids

- Moving from milk to introducing solid foods is an exciting time and it is important that you and your baby have a good experience.
- Around 6 months, babies need solid foods in addition to breastmilk or formula as their energy, iron and calcium needs increase.
- The experiences and types of food introduced early on can influence your child's health and behaviour later in life.

At around 6 months, look out for these signs that your baby is ready to start solids:

- Good head and neck control
- Able to sit upright
- A strong suck and beginning to chew
- Able to control movement of their tongue like taking food from the spoon and swallowing
- Having an increased appetite
- An interest in food on your plate

Birth - around 6 Months
Milk
(breast, cup or bottle)

6-12 Months
Finely mashed or pureed foods then mashed, chopped and finger foods
No salt, sugar, fat or other flavours added

12+ Months
Family foods
Let your baby feel, smell and taste the foods your family are eating

When to introduce

POTENTIAL PROBLEMS IF TOO EARLY

- Your baby's digestion and kidneys aren't fully developed which may lead to health issues
- Your baby may be unable to chew and swallow properly which may
- lead to choking
- It can lead to reduced breastfeeding and you may be unable to
- maintain your milk supply

POTENTIAL PROBLEMS IF TOO LATE

- Your baby may not be getting all of the nutrients and minerals needed for healthy development
- Can cause an increased risk of developing some allergies
- Can cause a delay in your baby's jaw muscle development and impact their speech
- Your baby may be less likely to try new tastes and textures which can
- lead to fussy eating behaviours