

# 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



**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



# Starting Solid Foods



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Video short with feeding tips  
Developmental Infant Feeding Expert Podcast



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Getting enough **vitamin A, E, C & zinc** from foods like fortified baby cereal and pureed 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



## Fullness cues:

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



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



**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!

# 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.