

Baby's Journey Into The World of Solids

A Milestone and Food Guide

6+ Months Starting Solids

Milestones:

- ✓ Baby sits with help or supported
- ✓ Pushes up on arms with straight elbows when placed face down



Quick Tips:

Serve thin, smooth purees and iron-fortified infant cereals



Prepare soft, mashed foods

Try well-cooked, soft, stick-shaped, or palm-sized foods for self-feeding



Mix infant cereal with leftover baby food or roll slippery foods in cereal for grip

Solid Food Guide:

- ✓ In addition to regular breastfeeding, introduce single ingredient foods
- ✓ Offer a variety of textures
- ✓ Include major food allergens

8+ Months

Try Again And Again

Milestones:

- ✓ Baby can sit independently
- ✓ When fed, baby transfers food from front to back of the tongue for swallowing
- ✓ Baby moves jaw up and down in a munching movement
- ✓ Baby tries to mash foods before swallowing them



Start Solids with Gerber Infant Cereal



Solid Food Guide:

- ✓ Offer new and familiar foods from all food groups in a variety of textures—thin, smooth, mashed, minced, soft
- ✓ Repeatedly offer major food allergens
- ✓ Feed foods baby dislikes at first up to 10 times until they become familiar or more likely to be accepted