

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.

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.



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

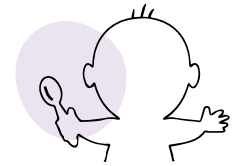


Familiar taste of breastmilk or formula helps Baby **accept** the new taste of cereal



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

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



Starting Solid Foods



BabyMatters™
by Gerber Medical Hub



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Video short with feeding tips
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Parents, learn more at gerber.com or call 1-800-4-GERBER
Healthcare professionals, visit medical.gerber.com/resources/podcasts

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.

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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.