

# How Do I Know if My Baby is Ready for Solid Foods?

## Does Your Baby...

- ☐ Sit with help or support?
- ☐ Have good head control?
- ☐ Seem interested in food?
- ☐ Turn their head when they are full?
- ☐ Bring hands and toys to mouth for exploration?



**Top  
Tip!**

Don't worry if your baby is only eating small amounts. Breast milk or formula is still your baby's main source of nutrition.

**Gerber**

\*Remember, do not introduce solid food before baby is 4 months old unless directed by your healthcare provider.