

Starting Solids: Baby Is Ready!

Readiness Cues:

- ✓ Good head control
- ✓ Sits independently
- ✓ Seems interested in food
- ✓ Brings objects to mouth



- 1 Pick Your First Food
- 2 Offer Baby's First Spoon
- 3 Choose a Variety of Flavors
- 4 Explore New Textures
- 5 Keep Trying and Stay Positive

Learning
To Eat 


Gerber

For more information, visit:

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