

# *Introducing Solids*

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When it is time to introduce solid foods, it's time to teach eating from a spoon and drinking from a cup. Eating solid foods helps baby to develop the five senses and helps him to learn to chew and to develop gross motor skills. Infant foods and soft table foods offer texture, variety and needed nutrients.

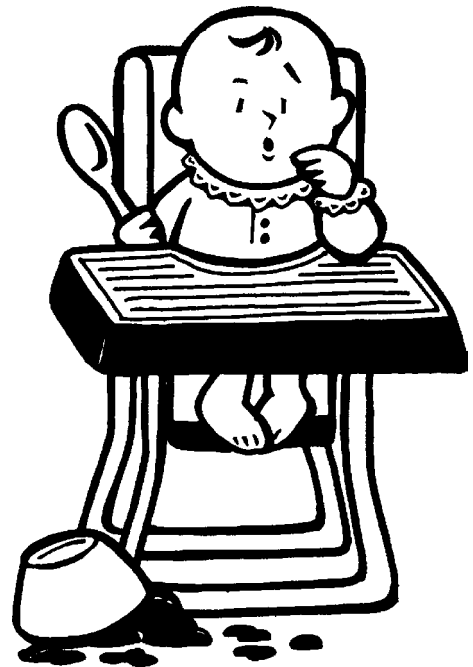
Solid food should not be put into bottle or infant feeder. Be careful not to overfeed as it can lead to a habit of over eating.

Be patient. Let your baby have plenty of time to get used to the new feeling and flavors of solid foods.

## **When is your infant ready for solid foods?**

Since solid foods will not help your baby sleep through the night, wait until she is between four and six months of age before introducing solids. Here are some signs to look for:

- Infant can sit with some support, turn head away when full, and will be able to swallow food from a spoon.
- Infant is drinking more than a quart of formula per day.
- Infant is fussy and consistently hungry more often than every three hours.



## **How do you start feeding solids?**

- Feed when you and your baby are relaxed and not tired.
- Feed solids after formula or breastfeeding.
- Begin at the morning feeding.
- Start with plain iron-enriched infant cereal, such as rice. Buy dry cereal in a box, not in a jar.
- At first, mix 1 teaspoon of cereal with formula or breast milk and feed with a small spoon.
- Introduce only one new food every 3-5 days.

**If using commercial baby food follow these recommendations:**

- Always listen for "pop" when first opening the jar.
- Never feed baby directly from the jar. Remove only enough for one serving.
- Refrigerate leftover baby food. Do not keep for more than two days after opening.
- Ask your health care provider how to prepare your own baby food.

**For more information, contact**



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