



I Am About 6 Months Old CAN I START EATING SOLID FOODS?



I am getting ready to start eating solid foods! I will be ready when I show **all 5** of these signs often:

- 1 Sitting up and holding my head steady.
- 2 Putting my fingers or toys in my mouth.
- 3 Showing interest in food.
- 4 Keeping food in my mouth and not pushing it out with my tongue.

5
OPENING MY
MOUTH WIDE.



SOUPY FOODS FOR SAFETY

You can start feeding me “soupy” infant cereal the first few times. That means:

4 to 5
teaspoons
human milk or
infant formula

+

1
teaspoon
of infant
cereal

You can make it gradually thicker after a couple feedings by adding less liquid. A thicker food may mean less spitting out!



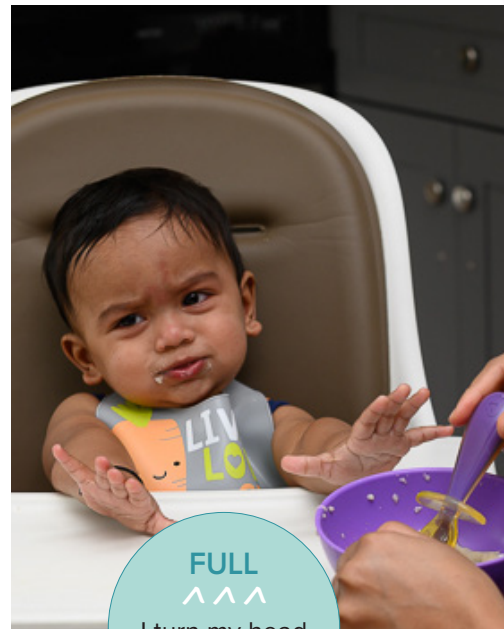
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HUNGRY
<<<
I move my head towards the spoon. I may try to swipe food toward my mouth.

You can tell I am **HUNGRY** when I...

- » smile and look at my parent during feeding.
- » I bring my hand to my face. Or when I suck on my lips, hands, fingers, toes, or toys.



FULL
^^^
I turn my head away from food.

You can tell I am **FULL** when I...

- » let go of the breast or chest on my own or I let go of the bottle.
- » close my mouth when food is offered.
- » get distracted and start looking around.
- » get sleepy while eating.

WIC recommends starting solid foods at around 6 months of age, **only** if your baby is showing **ALL** 5 signs. Talk with your WIC staff to see if your baby is ready.



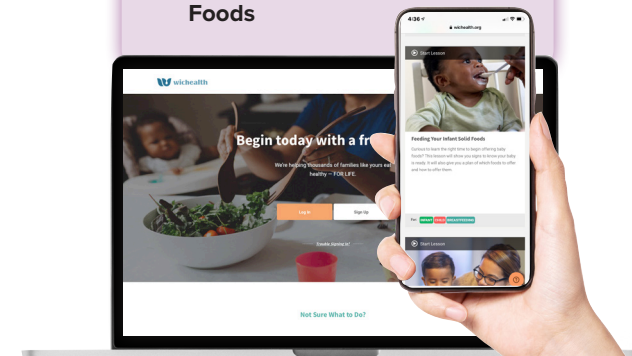
LESSON:
FEEDING YOUR INFANT SOLID FOODS

Take This Lesson to Learn About:

- Mashed Foods
- Chopped Foods
- Allergies
- Food Tracking
- Diaper Changes
- Choking Hazards

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter Your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Feeding Your 6 To 24-Month-Old**
- Choose the lesson: **Feeding Your Infant Solid Foods**



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