

Stage 1: BEGINNING SMOOTH FOODS



Signs your baby is ready to EAT SMOOTH FOODS:

- ☒ My baby is about 6 months old.
- ☒ My baby keeps food inside their mouth and does not push food out with their tongue.
- ☒ My baby can sit on their own and hold their head steady.
- ☒ My baby brings their fingers or objects like toys to their mouth.
- ☒ My baby shows an interest in the food I am eating.
- ☒ When I offer a spoonful of food, my baby opens their mouth widely.

Only offer smooth foods if you can
check ALL the boxes above!



DID YOU KNOW?

It can be harmful to add infant cereal to your baby's bottle of formula or human milk. Cereal in a bottle can cause gagging, choking, or overfeeding.



Stage 1: INTRODUCING SMOOTH FOODS

READY FOR SMOOTH FOODS?

If so, you can offer...

- » Pureed meats, fruits, and veggies.
- » Human milk or infant formula mixed with infant cereal.

Continue offering human milk and/or infant formula to your baby. This is still the main source of their nutrition.

*TIPS TO KEEP IN MIND:

- At first, the food should be **very smooth and thin**. You can make it thicker as your baby learns to swallow it.
- Your baby may not eat much at first. Most of the food may end up all over them. **Messes can be fun too!**
- The point here is practicing **HOW to eat**.
- Once they can eat a thicker cereal, you can **introduce pureed meats, fruits, and veggies**.

You can offer your baby these foods separately, or you can add to the cereal mixture. Make the mixture as thick as your baby prefers. Introduce only one new food at a time. Wait 3-5 days before introducing another new food to check for allergies or sensitivities.



HOW TO GET STARTED:

1

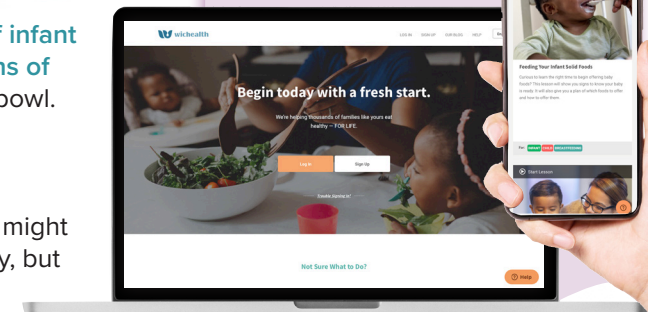
It is helpful to use a **small rubber spoon**, a **bib** (maybe even one for yourself!), a **highchair** or a place for your baby to sit upright safely, and a **small bowl** to hold the food.

2

To start, feed about **one teaspoon of infant cereal mixed with 4 or 5 teaspoons of human milk or infant formula** in a bowl.

3

Bringing food to **room temperature** might be helpful too. This is not necessary, but some babies prefer it.



LESSON: FEEDING YOUR INFANT SOLID FOODS

Take this lesson to learn to safely introduce each stage of solid foods:

STAGE 1: Smooth foods

STAGE 2: Mashed foods

STAGE 3: Chopped foods

STAGE 4: Tiny pieces of food

To Get Started:

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

This institution is an equal opportunity provider.