

Stage 4: READY FOR TINY PIECES OF FOOD

Signs your baby is ready to EAT TINY PIECES OF FOOD:

- Your baby has already learned to eat smooth foods (*Stage 1*), mashed foods (*Stage 2*), and chopped foods (*Stage 3*).
- They can easily pick up food with their fingers.
- They have control over putting food in their mouth.
- They are eager to use their spoon.

Only offer tiny pieces of food if you can check ALL the boxes above!



WHAT TO EXPECT:

They may choose to eat more finger foods rather than being spoon-fed.

READY FOR TINY PIECES OF FOOD?

YOU CAN OFFER:

- Human **MILK** and/or infant formula.
Your baby will slowly start to choose solid food over wanting human milk or formula at this stage.
After your baby turns 1 year old, you can introduce whole cow's milk to their diet. You can also continue to provide human milk to your child.
- **SMALL BITS OF FOOD.** Be sure to cut up food into tiny pieces and cook to soften.
- Make sure **ALL FOOD IS SOFT** so your baby can mash with their gums and safely chew and swallow it.
- Most foods are on the menu!
* However, **DO NOT GIVE** the following to babies younger than 12 months old:

- X** honey
- X** cow's milk
- X** goat's milk
- X** rice milk
- X** soy milk



- Continue introducing any new foods **ONE AT A TIME** to check for food reactions.

Stage 4: READY FOR TINY PIECES OF FOOD



WHAT TO EXPECT:

Your baby will want to feed themselves more now.



WHAT TO EXPECT:

- Your baby has become a solid food expert now.
- They are happy eating finger food snacks.
- They may grow excited waiting for food when they are hungry.
- Mealtime is still a messy occasion. This mess-making phase will last into toddler years!
- They will want to control the use of the spoon.

LET'S GET STARTED!

IT IS HELPFUL TO USE A:

- » Small rubber spoon
- » Bib
- » Highchair or somewhere they can safely sit upright
- » Bowl to hold the food
- » Clean tray for finger foods

* If you have not already, you can start teaching your baby to drink water from a cup.



LESSON:
**FEEDING YOUR
INFANT SOLID
FOODS**

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

STAGE 1: Smooth foods

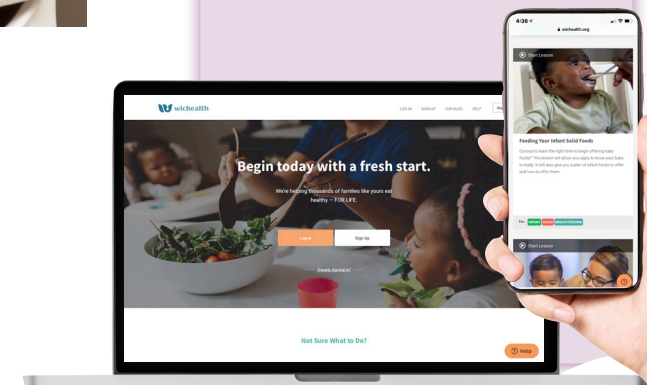
STAGE 2: Mashed foods

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**



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