

# FOUR THINGS TO KNOW ABOUT STARTING SOLIDS

1

**you can start  
with solids  
and/or purees**

- there is not one "right" way to start feeding with your little one
- it's important to follow your baby's lead and know how to safely provide purees/solids

3

**babies have natural  
defenses to protect  
from choking**

- when positioned appropriately, babies anatomy and physiology is designed to prevent choking
- proper positioning and environment supports babies ability to use their natural reflexes to learn how to chew

2

**it's best to wait  
until at least 6  
months**

- most babies motor skills aren't ready until at least six months
- waiting until six months also allows your baby's gut to fully mature + prepare for the introduction of food

4

**most foods  
are great first  
foods**

- there isn't just one or even five best first foods!
- some things to consider include ease, nutrition, low risk for choking or aspiration + advancing oral motor skills
- want to avoid foods that have a high risk of choking or food borne illness + foods that are highly processed or high in salt

**If you have questions or concerns about your child's readiness for starting solids, how to navigate starting solids, etc., we recommend scheduling a consultation to discuss and determine next best steps for your family.**

Resources: Delaney, A. L., & Arvedson, J. C., 2008; Du Plessis, L., Kruger, H., & Sweet, L. II., 2013; Homann CM, Rossel CAJ, Dizzell S, et al., 2021; Da Silva, G. a. P., Costa, K. A., & Giugliani, E. R. J., 2016