

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

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

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

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.