

# Readiness cues & timing

The Dietary Guidelines for Americans and the American Academy of Pediatrics recommend introducing solid foods at or around the age of 6 months.

# How to begin

Baby spoon feeding is the introduction of solid foods in pureed form, such as infant cereal or purees, on an infant spoon.



## Readiness cues:

- ✓ Good head control
- ✓ Sits without support
- ✓ Brings objects to mouth
- ✓ Seems interested in food

## Pick a good time when baby is:

- ✓ In good spirits
- ✓ Wide awake
- ✓ Mildly hungry



## Pay attention

to recognize & respond to hunger cues



Gerber

# Starting Solid Foods

Healthcare professionals, visit [www.nestlebaby.ca/nutrition-medical-hub](http://www.nestlebaby.ca/nutrition-medical-hub)

Breastmilk is the ideal nutritional start for an infant. Infant formula and complementary foods should always be prepared, used, and stored

**Familiar taste** of breastmilk or formula helps Baby **accept** the new taste of cereal



## Spoon feeding

is a way to introduce solid foods

Parents can **pre-load spoon** for Baby to self-feed



## Baby-led feeding

is a way to introduce foods which focus on self-feeding

## Getting enough vitamin A, E, C & zinc

from foods like fortified baby cereal, baby fruits and veggies, helps support a healthy immune system



## Iron-fortified

baby cereals help provide iron that supports **healthy growth & brain development**

## Experiment with different textures

Start with thin and smooth and add more texture, like chunky or thick, as baby develops



## Fullness cues:

- ✓ Stops or slows down the pace
- ✓ Turns head away
- ✓ Relaxed and may fall asleep
- ✓ Gets distracted and starts looking around



## Pay attention to recognize & respond to fullness cues



## Keep trying

a variety of foods. For some babies, it may take 8-10 exposures of a new food before they accept and seem to enjoy it!

# Key nutrients & textures

Feeding baby foods can provide key nutrients, and at the right consistency, like purees, can support the development of a wide variety of jaw movements and increase the ability to adapt to different types of oral sensory information and textures.

# How much is enough?

Responsive feeding is a feeding style focusing on responding to a child's hunger and fullness cues, helping young children learn how to self-regulate their intake.