

Starting Solids

“Food Compliments Milk”

Key Points

- Start with iron-rich foods
- Introduce 1 new food a time
- Assess for signs of a reaction (rash, hives, diarrhea, vomiting, redness around the mouth, increase in crying, gas pain) before introducing another one
- Continue to breastfeed and/or give formula as usual
- Follow babe's lead and give them time to eat at their own pace
- Create a healthy, distraction-free environment for the mealtime
- Timing is key: Make sure babe is well rested and happy when coming to the table
- Allow babe to have multiple exposures to a variety of foods and textures
- Offer small amounts of breast milk, formula and/or water in an open cup without a lid

BABY'S FIRST SOLIDS

Month _____

SUN	MON	TUE	WED	THU	FRI	SAT

