

babyconfidence

10 Top Tips for Starting Solid Foods

1. Until your baby is 6 months old, breast milk or formula provide all the nutrients he needs. It is better for your baby's digestive system to delay starting solids until 6 months. Some babies however need to start earlier than this-ask for individual advice from myself or your health visitor if you're uncertain.



2. Signs to look out for which may mean your baby is ready for solids include; being unsatisfied by milk alone, even if you've offered more, not lasting long between milk feeds and waking in the night hungry where previously your baby was sleeping through.

3. Signs which don't necessarily mean it's time for solids include; chewing his hands or toys, drooling a lot, looking at or reaching for your food.

4. If you are starting before 6 months-don't cut down on your baby's milk intake. Stick to baby rice, and single fruits and vegetables.

5. Sit baby on your lap or in supportive baby seat. A high chair or Bumbo seat will be good when your baby's ready.

6. At first, offer the rice or puree of fruit or vegetables during or after a milk feed. Offer small amounts on the end of a soft-tipped spoon and be prepared for it to come back out again at first!

7. Offer your baby a drink of water when he starts on solid foods. Introducing the water in a free flow cup is ideal (a Magic Cup with the valve removed for the first 2 weeks, then with the valve replaced.)



8. When your baby has been on single foods for a few weeks, and/or has reached 7 months old, it's important to introduce protein foods to his diet-chicken and fish, yogurt and cheese, lentils and well cooked egg.

9. You can use whole cow's milk in cooking, but not as a drink until your baby is a year old.

10. Starting solids is a whole new grown-up stage of your baby's life, take your time and don't force your baby to take the spoon. Make mealtimes fun and relaxed. If he refuses a new food, try it again in a day or two.

This page contains hints and tips for starting solids, you may find it helpful to buy one of the many books on the subject, or come along to a babyconfidence session on 'starting solids'. See website for details

www.babyconfidence.co.uk