

Solids start at six months...

From birth to six months, all your baby needs is breast milk.

- ✓ Continue to breastfeed for up to two years and more
- ✓ Give your breastfed baby a daily vitamin D supplement (400 IU)

Wait until your baby is six months of age and showing these signs of being ready before offering solid foods in addition to breast milk:

- ✓ Controls head well
- ✓ Sits up in a high chair
- ✓ Shows interest in food and in eating
- ✓ Opens mouth wide for food
- ✓ Closes lips over spoon
- ✓ Swallows food in mouth
- ✓ Turns body or head away when full



Tips!

- ✓ Start with iron-rich foods first such as cooked meat, fish, eggs, beans, tofu and iron fortified infant cereal
- ✓ Start with a variety of soft textures such as pureed, finely minced, ground, soft mashed, soft lumpy and finger foods
- ✓ Let your baby decide how much to eat and when to stop
- ✓ Do not offer honey until your baby is one year of age
- ✓ Do not offer your baby hard, small and round, or smooth and sticky food that may cause your baby to choke
- ✓ If there is a family history of allergy, talk to your health care provider before starting solids

For a complete guide to starting solids with your baby, call 519-575-4400 (TTY: 519-575-4608) or go to: www.regionofwaterloo.ca/ph (search *Teddy Bear's Picnic*)



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