

For Parents: Is Your Baby Ready for Solid Foods?

Feeding your baby the right foods at the right time helps him or her get the nutrition needed for good health. Your baby will grow to enjoy many types and textures (smooth, lumpy, and so on) of food during his or her first year.

How Can You Tell When Your Baby Is Ready To Eat Solid Foods?

Your baby is ready to start solid foods if he or she:



- Opens his or her mouth when foods come his or her way or reaches for food.



- Sits in a high chair with good head control.



- Uses his or her tongue to move food from the spoon into his or her mouth. The tongue does not automatically push the food out of his or her mouth.



Why Does Your Baby Need To Try Solid Foods?

Starting solid foods when your child is developmentally ready is important because:

- Your baby is getting bigger and needs more calories and nutrients that can come from solid foods.
- It gives your baby a chance to try different foods so he or she will like them at an early age and will continue to eat them as he or she gets older.



Tip:

Many, but not all, babies show signs that they are developmentally ready for solid foods at around 6 months.



For Parents: Have You Already Started Giving Your Baby Solid Foods? Please Let Us Know!

Please complete this handout and give it to your child care provider.

Today's Date: _____

Baby's Birth Date: _____

Baby's Name (first and last): _____

Parent's Name (first and last): _____

What foods have you given to your baby? _____

Has your baby had an allergic reaction to any foods? _____

Did your baby's health care provider tell you that your baby has a food allergy or intolerance?

Yes No

• If yes, which foods should we not serve to your baby in child care? _____

If your baby has a reaction to a food, who should we call? Relationship: _____

Name: _____ Phone number: _____

If your baby has a reaction to a food at child care, is there medication your baby's health care provider said to give to him or her? _____

Are there foods your family does not eat due to religious reasons? Yes No

• If yes, which foods does your family not eat? _____

Is there anything else we should know about what or how your baby eats? _____

Parent's Signature: _____

A handout from *Feeding Infants in the Child and Adult Care Food Program*

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