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 D

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

Pick a good time when baby is:

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



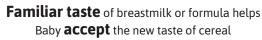
Readiness cues:

- ✓ Good head control
- ✓ Sits with help or support
- ✓ Brings objects to mouth
- ✓ Seems interested in food

Pay attention

to recognize & respond to

hunger cues





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



Iron-fortified

baby cereals help provide

iron that supports

healthy growth &

brain development

Getting enough

vitamin A, E, C & zinc

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



Experiment with different textures

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



Scan the QR code for a podcast on this topic and more!

BabyMatters by Gerber Medical Hub

gerber.com/mygerber-baby • gerber.com/menuplanner medical.gerber.com • 1-800-284-9488 1. Dietary Guidelines 2022

Starting

Solid Foods

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





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? D

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









