



I'm ready for solids

Trust Me, Trust My Tummy

At about 6 months of age,
I'm ready for solids
when I consistently:

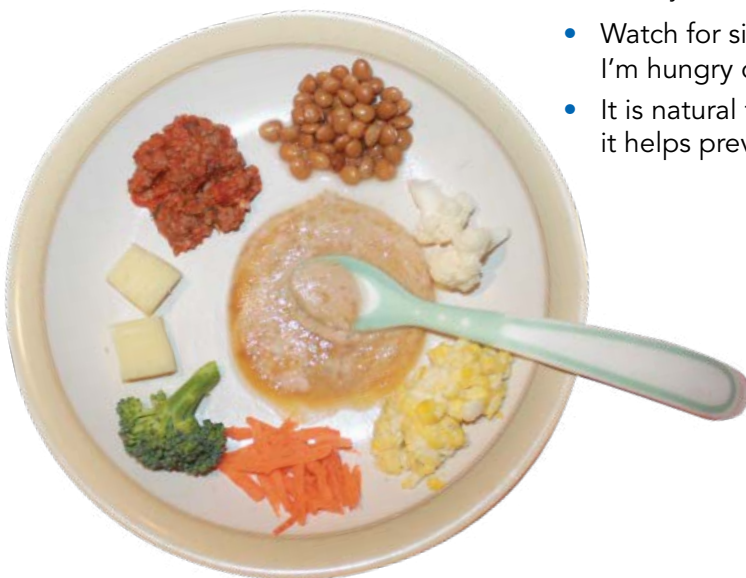
- Hold my head steady
- Sit upright without support
- Show interest in eating by:
 - Leaning towards food
 - Opening my mouth when food is offered
 - Reaching for and bringing food to my mouth
- Show signs of fullness by:
 - Turning my head or face away
 - Keeping my mouth closed
 - Leaning back away from food

I like to sit with you
when I'm eating:

- Sit, talk and eat with me at mealtimes
- Turn off all electronics (e.g., TV, cell phone) and put toys away
- Your job is to:
 - Decide what foods to offer
 - Provide a child-sized plate, spoon, fork and cup without a lid (open cup)
- Trust me to decide:
 - How much to eat
 - Which foods to eat
 - When to eat
- Help me by:
 - Offering me food from a spoon
 - Encouraging me to feed myself
- Watch for signs or cues that I'm hungry or full
- It is natural for me to gag – it helps prevent choking

I need a variety of
healthy foods:

- For growth and brain development, I need iron-rich foods at least 2 times every day such as:
 - Chicken, turkey, beef, veal, pork, lamb, goat, wild game
 - Legumes (e.g., lentils, dried peas and beans)
 - Tofu, eggs
 - Low-mercury fish (e.g., salmon, tilapia)
 - Iron-fortified infant cereal
 - Thinly-spread, smooth nut or seed butters on toast (e.g., peanut, almond, sesame)
- Offer me vegetables or fruit together with iron-rich foods to help my body absorb iron
- Cook my food until it is soft
- I don't need salt or sugar added to my foods
- Offer me a variety of different textures of foods:
 - Puréed
 - Lumpy
 - Mashed
 - Minced
 - Ground
 - Shredded
 - Soft finger foods
- As I start to eat solid foods, I still need breast milk and vitamin D or formula





I might be allergic to some foods:

The following foods are most likely to cause an allergic reaction:

- Wheat (e.g., commercial infant cereal)
- Eggs
- Fish and Seafood
- Soy (e.g., tofu)
- Sesame (e.g., tahini paste)
- Tree nuts (e.g., almond butter)
- Peanuts (e.g., peanut butter)
- Milk products (e.g., cheese, yogurt)
- Mustard
- Foods containing sulphites (e.g., canned fruit)

If you are offering me one of these foods for the first time:

- Offer it in the morning so you can watch for signs of an allergic reaction throughout the day
- Wait two days before offering the same food again or before offering another food from the list above for the first time
- If the food agrees with me, offer it to me 2 to 3 times a week to maintain my tolerance

An allergic reaction will usually appear within 48 hours (e.g., rash, vomiting, diarrhea, breathing problems)

Call 911 if your baby is having trouble breathing.

Some foods are not safe for me:

I may choke on:

- Hard, small and round solid foods (e.g., whole grapes, nuts, seeds)
- Sticky foods from a spoon (e.g., nut butters)

I need to be older to eat some foods:

- I need to be 9 to 12 months old and eating a variety of iron-rich foods before you offer me whole milk
- I need to be 1 year old before you offer me honey (including honey in baked goods)



My baby teeth are important

- Remember to clean my gums and teeth with a clean washcloth or small, soft toothbrush moistened only with water at least twice a day

I can start drinking from an open cup

- Help me learn to drink from an open cup
- Tap water is safe for me to drink
- I don't need fruit or vegetable juices

To view the [Trust Me, Trust My Tummy](https://www.peelregion.ca/children-parenting/feeding-baby/solid-foods/) video, visit [peelregion.ca/children-parenting/feeding-baby/solid-foods/](https://www.peelregion.ca/children-parenting/feeding-baby/solid-foods/)

To learn more about helping your child eat healthy, contact a Public Health Nurse at: **905-799-7700** • (Caledon 905-584-2216)