






Feed the way your child can eat

How do you know when to start solid foods?

How do you know when to feed your baby table food?

How do you know when to wean her from the breast or bottle?

Babies learn to eat step by step. Many babies are ready to start eating mushy foods from the spoon at age 5 to 6 months and are ready for table food by age 8 to 10 months. Others aren't ready to start solids until months later and only get to the table when they are 12 to 18 months old. Once you start, keep moving at your baby's rate. Don't get stuck on any one step. Remember that faster isn't better, slower isn't worse.

	WHEN YOUR CHILD...	SHE IS READY FOR...
	<input type="checkbox"/> Cuddles <input type="checkbox"/> Roots for the nipple <input type="checkbox"/> Sucks	Nipple-feeding from the breast or bottle
	<input type="checkbox"/> Sits up—alone or with support <input type="checkbox"/> Opens his mouth for the spoon <input type="checkbox"/> Closes his lips over the spoon <input type="checkbox"/> Keeps most of the food in his mouth <input type="checkbox"/> Swallows	Nipple-feeding from the breast or bottle Step 1 food: Mushy food that you feed from the spoon
	<input type="checkbox"/> Picks up food but can't let go <input type="checkbox"/> Keeps food in mouth instead of swallowing right away <input type="checkbox"/> Moves the food to her jaws <input type="checkbox"/> Munches the food	Breastmilk or formula from the nipple or cup Step 2 food: Thicker, lumpier food that you feed from the spoon
	<input type="checkbox"/> Closes her lips around the rim of the cup <input type="checkbox"/> Picks up food, puts it in her mouth <input type="checkbox"/> Bites off food <input type="checkbox"/> Chews <input type="checkbox"/> Gags some but doesn't choke (if she's gagging she can breathe)	Breastmilk, formula or juice that you give her from the cup Step 3 food: Small pieces of soft finger food and foods she bites or breaks off with her gums
	<input type="checkbox"/> Uses his fingers to pick up food <input type="checkbox"/> Can chew and swallow <input type="checkbox"/> Takes an interest in the family table	Whole pasteurized milk from the cup Step 4 food: Easy-to-chew and easy-to-swallow table food

