



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 picking up food and bringing it 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 away toys
- It is natural for me to gag – it helps prevent choking
- Watch for signs or cues that I'm hungry or full
- Trust me to decide:
 - How much to eat
 - Which foods to eat
 - When to eat
- Your job is to:
 - Decide what foods to offer
 - Provide a child-sized plate, spoon, fork and cup without a lid (open cup)
 - Assist me by:
 - Offering me food from a spoon
 - Encouraging me to feed myself

I Need a Variety of
Healthy Foods:

- I need iron-rich foods every day for growth and brain development such as:
 - Chicken, turkey, beef, veal, pork, lamb, goat, wild game
 - Legumes (e.g., lentils, dried peas and beans)
 - Tofu, eggs
 - Fish (low in mercury such as salmon, tilapia, etc.)
 - Iron-fortified infant cereal
 - Thinly-spread, smooth nut and 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 solid foods, I still need breast milk and vitamin D or formula



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I Might Be Allergic to Some Foods:

- The following foods may cause an allergic reaction and should not be introduced together:
 - 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
- 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:

- Some foods can cause choking:
 - 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)
 - Liver is not safe for babies



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** video, visit ParentingInPeel.ca or borrow a copy from your local library in Peel.

To learn more about helping your child eat healthy, contact a Public Health Nurse at: **905-799-7700** • (Caledon 905-584-2216) • [Facebook.com/ParentingInPeel](https://www.facebook.com/ParentingInPeel).

Region of Peel
working with you