

WHAT STAGE IS YOUR BABY AT?

**AROUND
6 MONTHS**

6-8 MONTHS

8-12 MONTHS



**12 MONTHS AND BEYOND –
EVERYDAY FAMILY FOODS**

Start solids when your baby is ready at around 6 months of age. Do not start solids before 4 months of age.

STARTING SMOOTH

**AROUND
6 MONTHS**



IRON RICH

Babies need foods that are high in iron to help brain development.

Examples include:

- ▶ iron-fortified infant cereals
- ▶ grated or finely-chopped beef, lamb, chicken, fish, tofu and eggs.

VARIETY

Feed your baby foods from the five food groups.

Examples include:

- ▶ infant cereals
- ▶ finely-mashed banana or avocado
- ▶ peeled, cooked and mushy apples or pears
- ▶ mashed veggies (e.g. pumpkin, sweet potato, carrot).
- ▶ grated or finely-chopped meats, mashed silken tofu or legumes and soft scrambled egg.

THE SIGNS

Your baby is ready for solids when they:

- ▶ can sit up in a high chair
- ▶ can hold their head up on their own
- ▶ show interest in food and people eating
- ▶ when they stop pushing the spoon out with their tongue.

DRINKS

- ▶ Continue breastmilk or formula while introducing food to your baby.
- ▶ Introduce a cup with small amounts of cooled, boiled tap water.

TIME FOR TEXTURES

6-8 MONTHS



MASHED, GRATED AND LUMPS

At 6-8 months you can begin to introduce texture into your baby's meals.

Examples include:

- ▶ mashed, cooked vegetables and fruit
- ▶ chopped and grated cucumber, carrot, broccoli, zucchini
- ▶ minced meat
- ▶ hard boiled eggs (mashed with a fork)
- ▶ porridge and couscous.

DRINKS

- ▶ Continue to offer a cup with small amounts of cooled, boiled tap water.
- ▶ Continue breastmilk/formula feeding.

WHY IS IT IMPORTANT?

Moving on to textures is very important for your baby's growth and development because:

- ▶ chewing foods supports the development of speech
- ▶ exposure to new foods and textures can reduce the likelihood of allergies
- ▶ it will increase willingness to accept new tastes.

**KEEP UP THE
IRON-RICH
FOODS**

PICK AND MIX

8-12 MONTHS



MUNCH WITH A SLIGHT CRUNCH

Start to feed your baby finger foods and family meals that aren't blended (but are still soft):

Examples include:

- ▶ thick/dense bread crusts and toast fingers
- ▶ cheese sticks
- ▶ cooked pasta, rice and quinoa
- ▶ slices/pieces of lightly-steamed vegetables
- ▶ slices of soft, peeled fruits
- ▶ small, tender pieces of meats
- ▶ all-in-one meals e.g. casseroles and pasta bakes.

CONTINUE THE IRON-RICH FOODS

Their brain continues to develop into adulthood.

THEIR GROWTH

- ▶ Continue to introduce new types of foods to support your baby's growth.
- ▶ Feeding themselves by holding food or spoons helps develop fine motor skills.
- ▶ Avoid foods high in fats, sugars and salt. They are very poor for their growth and can make feeding healthy foods much harder.

DRINKS

- ▶ At around 8 months, give breastmilk/formula after food.
- ▶ Continue breastmilk/formula until at least 12 months. At 1 year, breastmilk can continue. Full-cream cow's milk can be offered from a cup.
- ▶ Always offer water (in a cup).
- ▶ Bin the bottles from 12 months.

12 MONTHS AND BEYOND – EVERYDAY FAMILY FOODS