

# STARTING SOLIDS

The best time to introduce solid foods is when your baby has the skills needed to eat (around 4-6 months of age). Look for these signs of readiness for starting solid foods!



- Good head and neck control
- Can sit up with support
- No longer has the tongue-thrust reflex (which causes babies to push food out of the mouth)
- Can transfer food to the back of the mouth to swallow
- Shows an interest in food (by watching others eat or reaching for food)