

Dr. Wall's guide to:

INTRODUCTION OF SOLIDS

Between 4-6 months is when many babies are ready to eat solid foods!

Signs of readiness include:

- 1) Interest in foods (that baby is watching your food go to your mouth)
- 2) An ability to hold their head up and sit, supported in a highchair
- 3) Loss of the tongue extruder reflex (this is when you put a scoop of food in their mouth and their tongue just pushes it right back out – you won't know this one until you try it!)

When your baby is ready you can get started! There are two main ways that parents will start to feed their babies – with advancing textures of purees, or with baby led weaning. Either is fine as long as it's done safely and with attention to the following features

- 1) Iron containing foods should be emphasized. This can be done most easily though infant cereals that you can mix with formula or breastmilk. However, you don't NEED to use infant cereals as long as you choose early foods high in iron like chickpeas, black beans and green leafy vegetables.
- 2) Early introduction of allergens: The only food your baby cannot have is honey until they are 1. Early introduction (i.e.: 4 months) of peanuts (natural peanut butter is a great choice), eggs, strawberries and other frequent allergens actually reduces the chances your baby will develop an allergy to these foods!
- 3) I generally recommend adding a new food to the menu once every few days. This way, if baby reacts to something, you know what they reacted to!
- 4) It can sometimes be helpful to introduce veggies prior to fruit (once you've given someone a strawberry, would they really want a broccoli?)

For more information on introduction of foods check out:

https://caringforkids.cps.ca/handouts/pregnancy-and-babies/feeding_your_baby_in_the_first_year



<https://happyhealthyeaters.com/>



<https://www.health.gov.bc.ca/library/publications/year/2019/TFS-3rd-edition-FINAL-Nov2019.pdf>

