

# INTRODUCTION OF SOLIDS



- Moving from milk to introducing solid foods is an exciting time and it is important that you and your baby have a good experience.
- Around 6 months, babies need solid foods in addition to breastmilk or formula as their energy, iron and calcium needs increase.
- The experiences and types of food introduced early on can influence your child's health and behaviour later in life.

## At around 6 months, look out for these signs that your baby is ready to start solids:

- Good head and neck control
- Able to sit upright
- A strong suck and beginning to chew
- Able to control movement of their tongue like taking food from the spoon and swallowing
- Having an increased appetite
- An interest in food on your plate



### Birth - around 6 Months

Milk  
(breast, cup or bottle)



### 6-12 Months

Finely mashed or pureed  
foods then mashed,  
chopped and finger foods  
No salt, sugar, fat or other  
flavours added



### 12+ Months

Family foods  
Let your baby feel,  
smell and taste the  
foods your family are  
eating



# When to introduce

## POTENTIAL PROBLEMS IF TOO EARLY

- Your baby's digestion and kidneys aren't fully developed which may lead to health issues
- Your baby may be unable to chew and swallow properly which may lead to choking
- It can lead to reduced breastfeeding and you may be unable to maintain your milk supply

## POTENTIAL PROBLEMS IF TOO LATE

- Your baby may not be getting all of the nutrients and minerals needed for healthy development
- Can cause an increased risk of developing some allergies
- Can cause a delay in your baby's jaw muscle development and impact their speech
- Your baby may be less likely to try new tastes and textures which can lead to fussy eating behaviours



If you have any concerns about your child, contact your local [\*Child and Family Health Nurse service\*](#), [\*Aboriginal Maternal and Infant Health Service \(AMIHS\)\*](#), [\*Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities\*](#), or GP.



Health  
Hunter New England  
Local Health District



HNEkidshealth  
Children, Young People & Families



*Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.*