



# Introducing Solids Checklist

- When your infant is ready, at around 6 months, start to introduce a variety of solid foods.
- Decide on a day that suits you and your baby, and a time when you're both relaxed.
- Don't rush your baby. It takes time to learn how to swallow and adapt to new tastes.
- Lunchtime is a good time to try solids as babies are usually alert and hungry and eager for playtime.
- Use a soft teaspoon (e.g. silicone) as it's gentler on teething gums.
- Start with one or two spoons of food and wait until your baby opens their mouth to offer more.
- Start with iron rich foods, while continuing breastfeeding.

For additional help on navigating nutrition through life's first 1,000 days listen to our Best Food Forward podcast series at [danonenutricia.com.au/bestfoodforward](https://danonenutricia.com.au/bestfoodforward)