

Signs of Solids Readiness



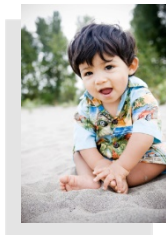
Baby Can Hold Head Up Well

Baby should be able to hold his or her head up well.



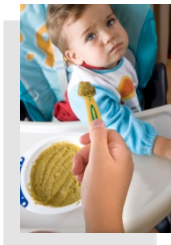
Sitting Up Unassisted

Your baby should be able to sit unassisted — a “supported sitter” is not ready for solid foods yet, despite what baby food companies say.



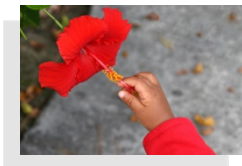
Turns Head to Refuse Things

If your baby can signal “no” - that he or she doesn’t want the food, he or she is developmentally ready to help you regulate intake.



Pincer Grasp

A pincer grasp - the ability to “pinch” something between two fingers shows good motor control and readiness to start experimenting with foods.



Tongue-Thrust Reflex Gone

Babies have a protective reflex that causes them to automatically push food out of their mouths with their tongue. It disappears around 6 months of age.



Interest in Food

Remember - babies are interested in *everything* - but if you see baby watching you eat intently, and mimicking your chewing, solids may be in the near future.



Frequent Nursing or Waking

If your baby is **not** going through a growth spurt, ill, or teething - and seems to be nursing constantly or waking all the time, he or she may be ready for solids.



Weight Gain

Your baby should have about doubled his or her birth weight before you start solids - but doubling in weight does **not** always mean baby is ready.



