



NEWBORN

First Foods: What to Introduce and When

Transitioning your baby to solids is an exciting milestone. This guide helps you navigate the journey, with practical tips on what to introduce and when. Use this checklist to ensure a smooth start to your baby's solid food adventure.

A free guide from maternity.app

Introducing solids can be exciting, and it's important to do it right. This guide gives you the essentials to help your baby transition smoothly to solid foods.

Check milestones and know when to start.

- **Sit with support.** Ensure your baby can sit with minimal support.
- **Head control.** Your baby should hold their head steady.
- **Lose tongue thrust reflex.** This makes it easier for them to swallow.

Start with single ingredients.

- ☐ Check milestones: Ensure your baby sits with minimal support, holds their head steady, and has lost the tongue-thrust reflex.
- ☐ Start with smooth, single-ingredient purees like mashed avocado or iron-fortified oatmeal.
- ☐ Space out introductions: Wait 3 to 5 days before offering a new food.
- ☐ Prioritize iron-rich options like pureed meats, poultry, or fortified grains.
- ☐ Milk stays first: Offer solids 30–60 minutes after milk.

Understand the science behind food introduction.

Many providers suggest introducing complementary solid foods around 6 months of age. As your baby reaches this milestone, it's essential to start introducing iron-rich foods to replenish their nutrient levels.

KEY TAKEAWAY

Start with smooth, age-appropriate forms of peanuts, eggs, and dairy around 6 months to reduce the risk of developing food allergies.

Watch out for allergic reactions.

Seek immediate medical care if your baby shows signs of an allergic reaction. This includes hives, sudden vomiting, facial swelling, or difficulty breathing. If your baby experiences severe, painful constipation, contact your pediatrician.

Starting solids is a big step for both you and your baby. Follow these guidelines to make it a positive experience. You got this!