

FIRST BITES, BIG MILESTONES

THE WHAT, WHEN AND HOW OF WEANING

STARTING SOLIDS: FOODS AND FEEDING TIPS



- **Iron-fortified grain cereals** (rice cereal, barley, multigrain)
- **Soft, pureed root veggies** (potato, pumpkin, carrot, broccoli)
- Foods should be **smooth** in texture



- **Soft proteins** like silken tofu, lentils, beans, mashed fish and egg
- **Finely mashed meats**
- Gradually introduce **thicker** textures as chewing improves.



- Start with one tablespoon once daily, ideally before a milk feed
- Try rice cereal first, and add pureed fruits or vegetables
- Feed when baby is well-rested, and increase frequency as interest grows
- Try feeding during family mealtimes

IS YOUR BABY READY FOR SOLIDS?

- Can sit with some support
- Has good head and neck control
- Opens mouth for a spoon
- Brings hands or toys to their mouth
- Shows interest in food by watching intently



NOTE: BABIES DEVELOP AT THEIR OWN PACE, AND SOME MAY BE READY FOR SOLIDS EARLIER OR LATER THAN OTHERS.

IF YOUR CHILD HAS FREQUENT CHOKING EPISODES OR AVOIDS CERTAIN FOOD GROUPS, CONSULT A PAEDIATRICIAN.

SAFETY FIRST: GAGGING VS CHOKING

Gagging is normal as babies explore new textures. It often happens when they take too much food or food moves too far back before chewing.

Choking is more serious and happens when food blocks the airway.

SIGNS OF GAGGING:

- COUGHING
- MAKING NOISES
- SLIGHTLY RED FACE
- TONGUE MOVING FORWARD

Stay calm and let your baby work it out – it's part of learning to eat.



SIGNS OF CHOKING:

- TURNING BLUE
- BECOMING SILENT OR UNABLE TO MAKE NOISE
- LOSING CONSCIOUSNESS

If choking occurs, act immediately with first aid and call for help.

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