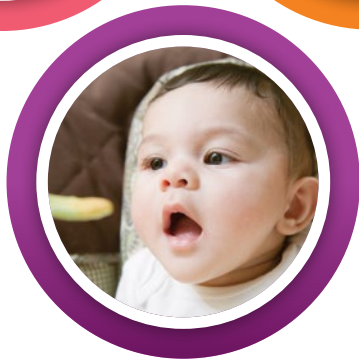


5 Common Signs Your Baby is Ready for Solid Foods

Babies who are ready to start solid foods show **all 5** of these signs. Check the signs off when you see each one.





..... **“I can sit up and hold my head steady.”**



..... **“I put fingers or toys in my mouth.”**



“I am interested in what you are eating.”

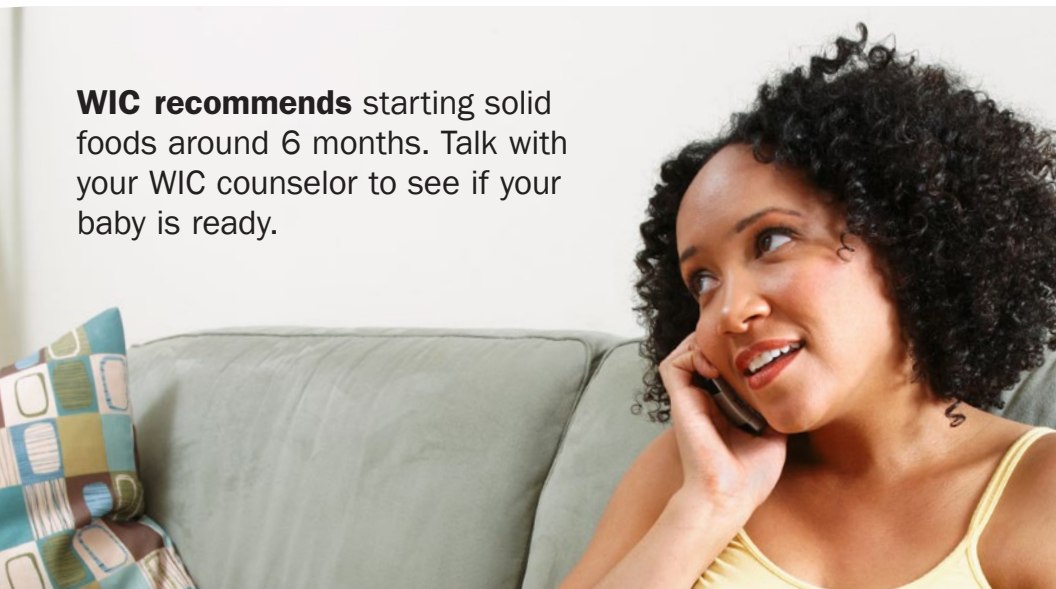


“I open wide.”



“I can keep food in my mouth and swallow it. I do not push it out with my tongue.”

WIC recommends starting solid foods around 6 months. Talk with your WIC counselor to see if your baby is ready.



Tips for Busy Parents

Simplify your life.

- Keep healthy grab-and-go snacks handy, like nuts, cheese sticks, cereal, fruits and vegetables.
- Make simple meals. Use leftovers the next day.
- Create a routine for mealtime, playtime, and bedtime.
- Clean one small area of your home at a time.

Ask friends or family for help— be specific.

- Ask for a cooked meal.
- Ask for help with laundry and folding.
- Set up play dates for your older children.

Make rest and sleep a priority.

- Rest during night feeds. Dim the lights and get comfortable.
- Keep your baby close at night. Put your baby's crib in the same room.
- Sleep when baby sleeps.
- Try not to watch the clock at night.



California Department of Public Health, California WIC Program

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