

Transitioning to Solids

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So your little bundle of joy isn't quite so little anymore – they're eyeing your dinner and might even appear rather indignant that you are not handing over your piece of pizza. How do you go about figuring out if your baby is ready to explore solid foods, though? While there are certainly nuances and individual things to take into consideration, the following are some helpful guidelines to keep in mind when assessing your little one's readiness.

1. Does the apple of your eye seem interested in food and when others are eating it? If not sure, have baby join the family at the table for the social aspect as well as to gauge if they seem to be zeroing in on your plate of spaghetti.
2. What sort of head control does your little rutabaga have? For safety with swallowing, we want babies to be able to hold their head upright and steady for the length of the meal (at least ~ 15 minutes)
3. Is your sweet pea able to sit on their own? Prior to starting solids, we want babies to be able to sit with minimal assistance. This is imperative for chewing and swallowing safety.
4. Can your pumpkin reach for objects/toys and bring them to their mouth? While spoon feeding is certainly an option with starting solids, we want our babies to also explore self-feeding with their hands.



5. Is your cupcake close to 6 months of age (adjusted)? Most of these cues will present themselves around 6 months of age if your child is following a 'typical' course of development. This is generally the time that pediatricians (and everyone else you know) will begin asking you where you're at with the journey to solids.

While these milestones are important to consider, each child is on their own journey. If you have questions about your child's development, or concerns about any developmental delays you may be seeing, talk with your pediatrician.