

KixCare TIPS

When Can I Introduce Solids For My Newborn?



At 4-6 months baby is ready to start feeding solids while continuing breast or bottle feeding.

This is usually a very exciting time for both parents and baby. It is important to that baby is ready to ensure they are safe when doing so.

- 1 Baby is ready for solids when they can sit up without support, lean forward, and reasonably control their neck muscles.
- 2 They show interest in food when others are eating.
- 3 They open their mouths when you offer them food.
- 4 They swallow their food instead of pushing it back out of the mouth and transferring the food from the front to the back of the tongue to swallow it.

Cut here for a colouring sheet for your little one

KixCare

