



Baby Feeding Guide

Starting solids with confidence

Preparing Baby for Solids: A Gentle Start

Starting solids is a big milestone! It is an exciting (and sometimes overwhelming) milestone for both baby and mama. Whether you're a first-time mom or navigating solids again with a new little one, it's completely normal to have questions.

As a Nigerian mom raising my baby in Canada, I have learned to blend my African knowledge with practical routines that are associated with living in a multicultural country like Canada. I created this guide to help you feel confident and prepared. These five simple steps will give you the tools you need to kick off your baby's solid food journey with ease, joy, and peace of mind.

Let's get your baby ready, one spoonful at a time. 🥄💕

When to start: Most babies are ready for solids around 6 months of age. Look for signs like good head control, the ability to sit upright with support, and interest in food.

Tips for success:

- Offer solids when your baby is alert and happy
- Start with small amounts (1-2 tablespoons)
- **Be patient:** it may take multiple tries for your baby to accept a new food
- Don't add salt, sugar, or honey to your baby's food
- Always supervise your baby during feeding

Readiness Cues: Before diving into solids, ensure your baby exhibits these signs:

- Sitting upright with minimal support
- Good head and neck control
- Showing interest in food (watching you eat, reaching for your plate)
- Opening their mouth when offered a spoon

Sample First Foods

These are some great first foods to introduce, make sure they are pureed to the correct consistency for your baby:

- **Single-grain cereals:** Iron-fortified rice cereal, oat cereal, or barley cereal mixed with breast milk or formula.

- **Pureed vegetables:** Sweet potato, butternut squash, carrots, green beans, peas.
- **Pureed fruits:** Avocado, banana, apples, peaches, pears.

Sample Feeding Schedule (6-8 Months)

This is just a sample schedule, adjust based on your baby's needs and appetite, some babies will eat more.

- **Morning:** Breast milk or formula feeding, followed by 1-2 tablespoons of single-grain cereal or pureed fruit/vegetable.
- **Midday:** Breast milk or formula feeding, followed by 2-3 tablespoons of pureed vegetables or fruits.
- **Evening:** Breast milk or formula feeding, followed by 1-2 tablespoons of pureed food.
- **Throughout the day:** Continue to offer breast milk or formula on demand.

Safety First!

- Always supervise your baby while eating
- Ensure all food is properly prepared and pureed to an age-appropriate consistency
- Be aware of potential allergens (see below)
- Never leave a baby unattended while eating

Common Questions

How do I introduce allergens?

Introduce common allergens (e.g., peanuts, eggs, dairy) one at a time, in small amounts, and wait a few days before introducing another allergen. Watch for any allergic reactions, such as rash, hives, vomiting, or difficulty breathing. Consult with your pediatrician if you have any concerns.

What if my baby refuses a food?

Don't give up! It can take multiple tries for a baby to accept a new food. Try offering it again on a different day or in combination with a food your baby already enjoys.

How much should my baby be eating?

Every baby is different! Start with small amounts and gradually increase as your baby's appetite grows. Follow your baby's cues, if they turn away or close their mouth, they're probably full.

Next Steps

Congratulations on starting solids! Remember to consult with your pediatrician for personalized guidance and to address any specific concerns. Enjoy this special time with your baby!