

Feeding Tips for 6-12 Months

Provide healthy age-appropriate food at regular times and in a pleasant setting, and let your baby decide how much to eat.

Starting solid food

- Around 6 months your baby will be able to sit and chew and swallow semi-solid food.
- Between 6 and 12 months your baby will be able to self-feed with a spoon or hands. This can be messy, but encourage your baby to learn!
- Offer a variety of soft/cooked vegetables, fruits, and other healthy food with different flavors and textures so that your baby learns to like them.

Be patient!

- Don't give up if your baby doesn't accept a food the first time you offer it. It may take as many as 15 to 20 tries before your baby learns to like a new food.
- Remember that it may take more tries for your baby to learn to like vegetables as many are naturally bitter. Be patient and keep trying.

Make mealtime a pleasant experience

- Establish a consistent schedule for your baby's meals and snacks.
- Feed your baby in a comfortable, stress-free setting where you can interact warmly and avoid distractions (including TV and your smartphone!).
- Babies imitate their caregivers. Make your baby's eating experience part of family meals. Preparing healthy meals for the whole family will introduce your baby to these foods.



Continue following your baby's hunger and fullness signals

Signs your baby is hungry

- Opens mouth when spoon gets near
- Reaches for the spoon or food
- Points to food
- Gets excited when food is presented
- Expresses desire for food with words or sounds

Signs your baby is full

- Shakes head
- Turns head away from food
- Doesn't open mouth when spoon is close