

Signs Your Baby is Ready for Solid Food

How can you tell if your baby is ready to eat solid food? Learn these key signs.

Babies may be ready to eat solid food if they:

- Sit up alone or with support and have good head and neck control
- Munch or chew and use their tongue to move pureed foods to the back of the mouth for swallowing
- Do not gag when a spoon or food is placed in their mouth
- Keep solid food in their mouth when it is offered (instead of pushing it out with their tongue)
- Bring hands and toys to the mouth
- Indicate a desire for food, such as eagerness to participate in family mealtimes and trying to grab food to eat

