



IS BABY READY FOR SOLIDS?

"[A baby's] insides are designed to be ready for solid food once his outside has developed enough for him to eat it on his own. If he can't pick up food, get it to his mouth, and chew it without choking, then he's just not ready for solids, and his tummy probably isn't ready, either."



Baby may be ready if she:

- is about 6 months old
- can sit up without any support
- has lost the tongue-thrusting reflex and does not push solids out of his mouth
- can pick up things with his finger and thumb (pincer grasp)

Signs that DON'T mean baby is ready for solids:

- she reaches for or looks intently at food
- she becomes more sociable, playing and holding "conversations" with you during a nursing session
- she has a growth spurt and nurses more frequently for a while
- she becomes more efficient and doesn't nurse as long on each side
- she imitates the chewing motions you make while eating -- she is practicing!