

Starting Solids: 6–9 Months

What to introduce and when

Signs baby is ready (~6 months)

Sits with minimal support. Holds head steady. Watches your food with interest. Tongue-thrust reflex gone (food doesn't get pushed out). Doubled birth weight.

First foods

Iron-rich: soft beef, chicken, lentils, beans, iron-fortified oat cereal. Fats: avocado, full-fat yogurt, olive oil. Texture: soft finger shapes for BLW, or thick mashes for spoon-feeding.

Introduce allergens early

Peanut, egg, dairy, wheat, fish, shellfish, soy, sesame, tree nuts. AAP and NIAID now recommend early, repeated exposure starting at 4–6 months to reduce allergy risk — especially for high-risk babies.

Shapes that are safer

Finger-sized sticks (not coin-shaped). Thin spears, not round chunks. Grate hard foods. Quarter grapes and cherry tomatoes lengthwise. Cook hard vegetables until a fork smashes them.

Foods to avoid before 1 year

Honey (infant botulism risk). Cow's milk as a drink (fine in cooking). Added salt. Added sugar. Whole nuts. Anything a toddler could choke on intact.

Still the main event: milk

Breastmilk or formula is the primary nutrition source until 12 months. Solids are practice and exposure, not replacement. Offer milk first, solids after.