

# 5 Common Signs Your Baby is Ready for Solid Foods

Babies who are ready to start solid foods show **all 5** of these signs. Check the signs off when you see each one.





- ..... **“I can sit up and hold my head steady.”**



- ..... **“I put fingers or toys in my mouth.”**



**“I am interested in what you are eating.”**



**“I open wide.”**



“I can keep food in my mouth and swallow it. I do not push it out with my tongue.”

**WIC recommends** starting solid foods around 6 months. Talk with your WIC counselor to see if your baby is ready.



# Tips for Busy Parents

## Simplify your life.

- Keep healthy grab-and-go snacks handy, like nuts, cheese sticks, cereal, fruits and vegetables.
- Make simple meals. Use leftovers the next day.
- Create a routine for mealtime, playtime, and bedtime.
- Clean one small area of your home at a time.

## Ask friends or family for help—be specific.

- Ask for a cooked meal.
- Ask for help with laundry and folding.
- Set up play dates for your older children.

## Make rest and sleep a priority.

- Rest during night feeds. Dim the lights and get comfortable.
- Keep your baby close at night. Put your baby's crib in the same room.
- Sleep when baby sleeps.
- Try not to watch the clock at night.



**California Department of Public Health, California WIC program**

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Rev 06/24