



Time to start
solids
for your baby

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- Australian Breastfeeding Association
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- Logan Hospital
- Logan Women's Health and Wellbeing Centre
- Mater Mothers Hospital
- Multicultural Development Association
- Newly Arrived Youth Support Centre
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- Queensland University of Technology – School of Public Health
- Refugee Health Queensland
- Spiritus Early Parent Centre
- TELLS – TAFE Queensland English Language & Literacy Services.



6 months

12 months





**Mary is happy.
She is looking after Paul very well.
Paul is 6 months old.
He is strong, healthy and happy.**



Paul can hold his head up all by himself.

He can sit up when Mary helps him.

When Mary is eating, Paul opens his mouth. He tries to grab her food.

X



✓



**Paul does not poke out his tongue as much now.
Paul is showing Mary he is ready to eat solids.**



Now Paul is ready to try solid foods.
You can give Paul some food now.
The food must be soft and smooth.



Mary takes Paul to see the nurse at the Child Health Clinic.



Iron-rich foods are good for babies. Meat and dried beans have lots of iron. Paul needs iron now that he is older. Iron makes him strong and helps him grow.

Breastmilk is still very important for Paul.
When he is hungry, breastfeed Paul.
After that give him solid foods.





**Mary decides to give Paul some solid food.
First, Mary breastfeeds Paul.**



Breastmilk
OR Water

Then she mixes her breastmilk with the cereal until it is smooth.
Then Mary gives him a little infant cereal. Mary starts with 1 spoonful.



OR

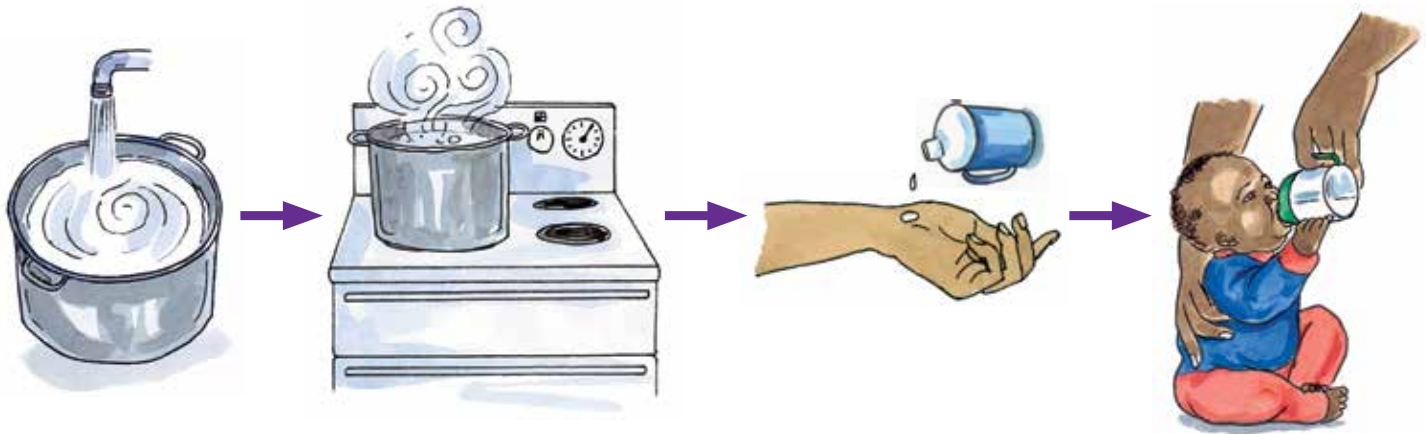


Mary gives Paul a different food that is high in iron.
Mary cooks some meat just for Paul. She *purees* the meat. Now the meat is very, very soft. Mary does not add salt, sugar or spices to food for Paul.

Paul does not need juice. Water is good.
Cordial is bad for Paul. Soft drink is bad for Paul.



Tea is not good for babies.
Paul cannot use the iron from foods if he drinks tea.



**Water for Paul must be boiled and then cooled.
Mary gives Paul this water to drink in a cup.**

**Mary decides to give Paul
some sweet potato.
Mary will puree the sweet potato.
She does not add sugar or salt.
Sugar and salt are bad for Paul.**





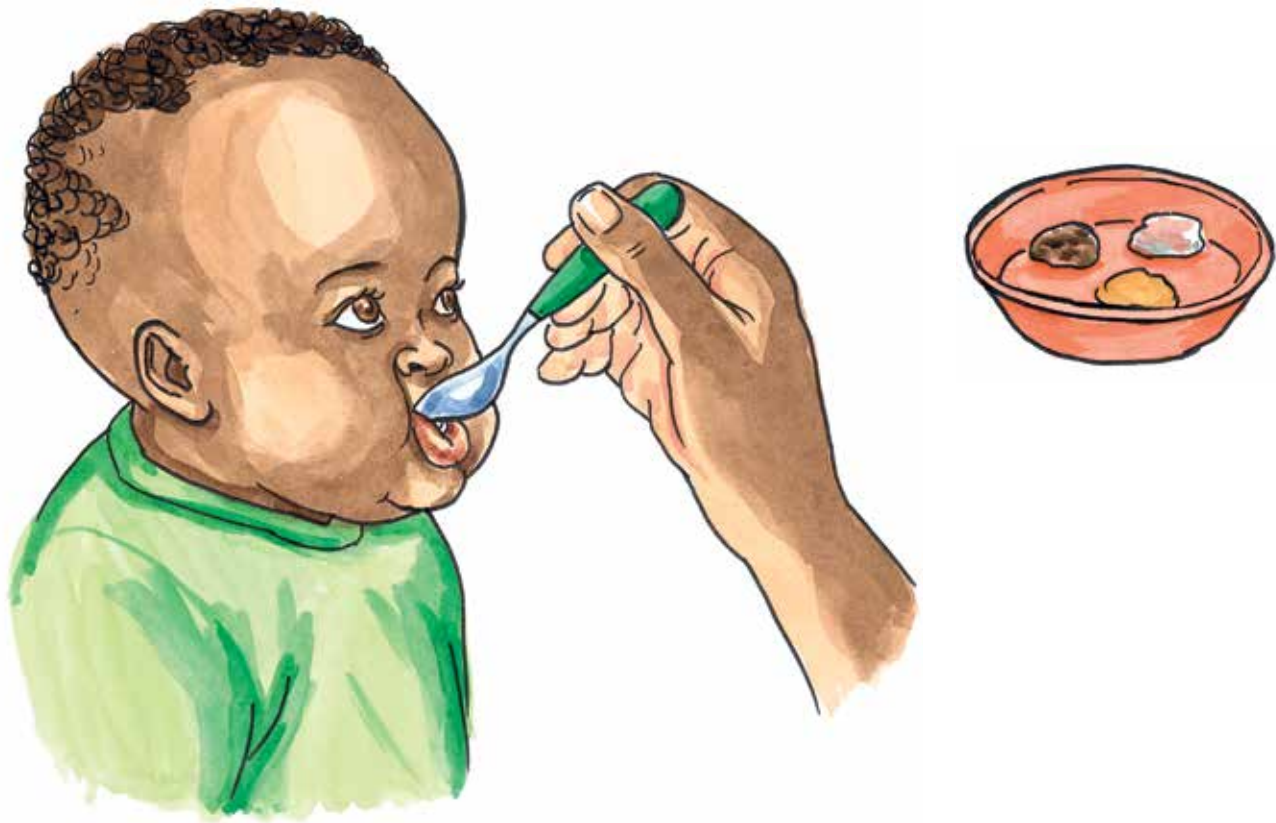
Mary peels the sweet potato.



She cooks the sweet potato.



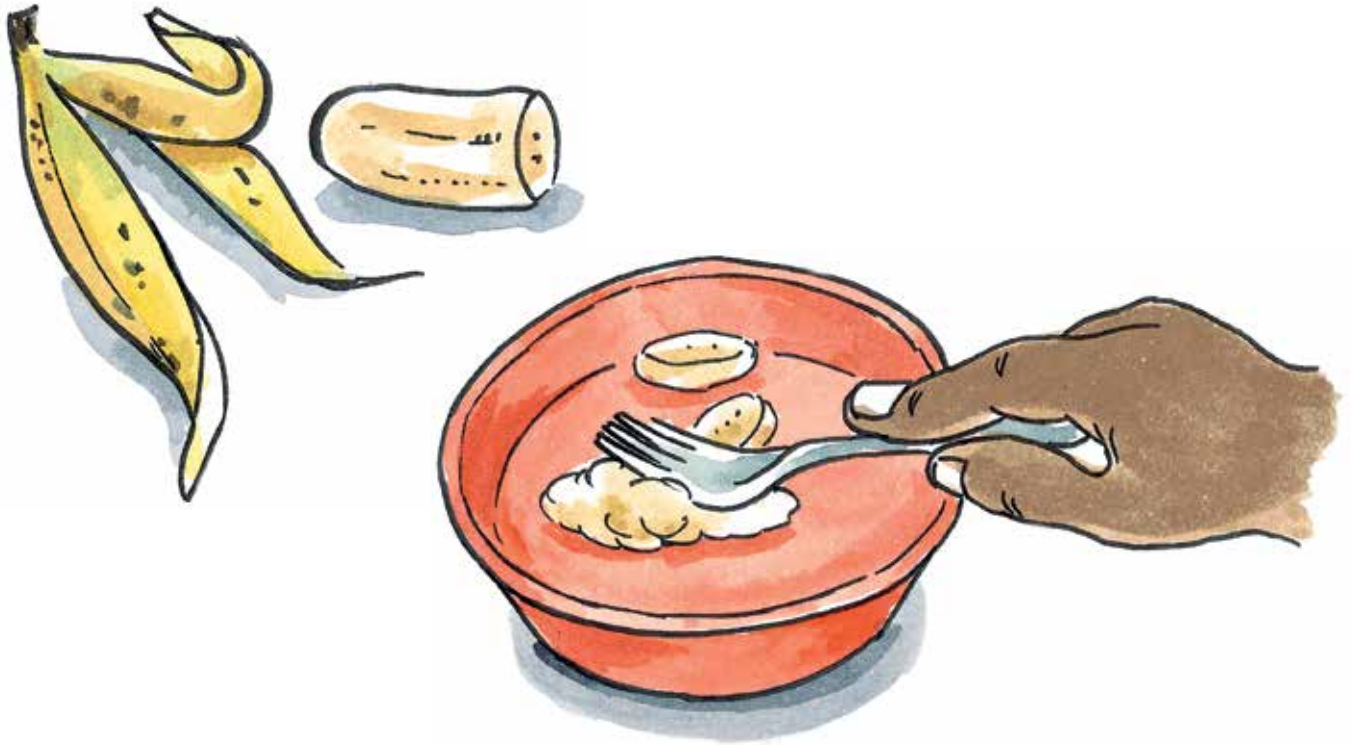
Then she purees the sweet potato to make it smooth.



**Mary feeds Paul the sweet potato.
Mary sits with Paul when she is feeding him.**



Mary gives Paul potato, pumpkin and green leafy vegetables.
All food for Paul must be soft and smooth. Mary purees all food for Paul.



**Mary mashes fruit for Paul to eat.
She mashes the fruit and she makes it smooth.**



Bananas are good. Avocados are good.
She cooks apples, and she mashes them
She cooks pears, and she mashes them.



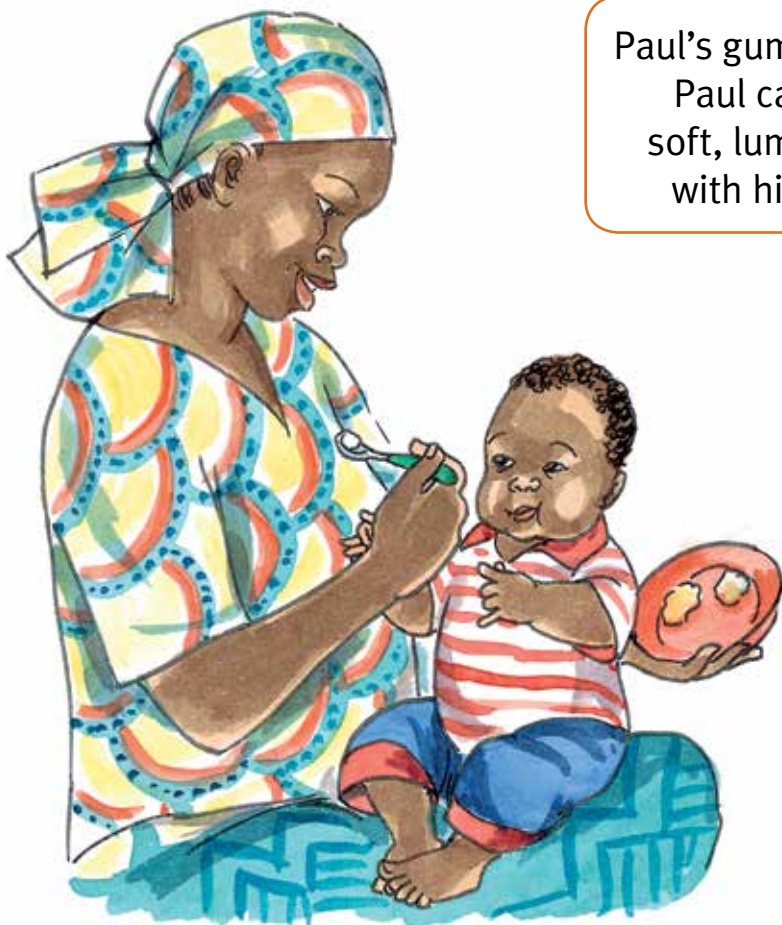
Dairy foods



At 6 months, Paul can eat yoghurt. Paul can eat cheese.
Paul can eat baby custard. Paul should not drink cow's milk.



As Paul grows, Mary uses a fork to mash Paul's food to make it lumpy.

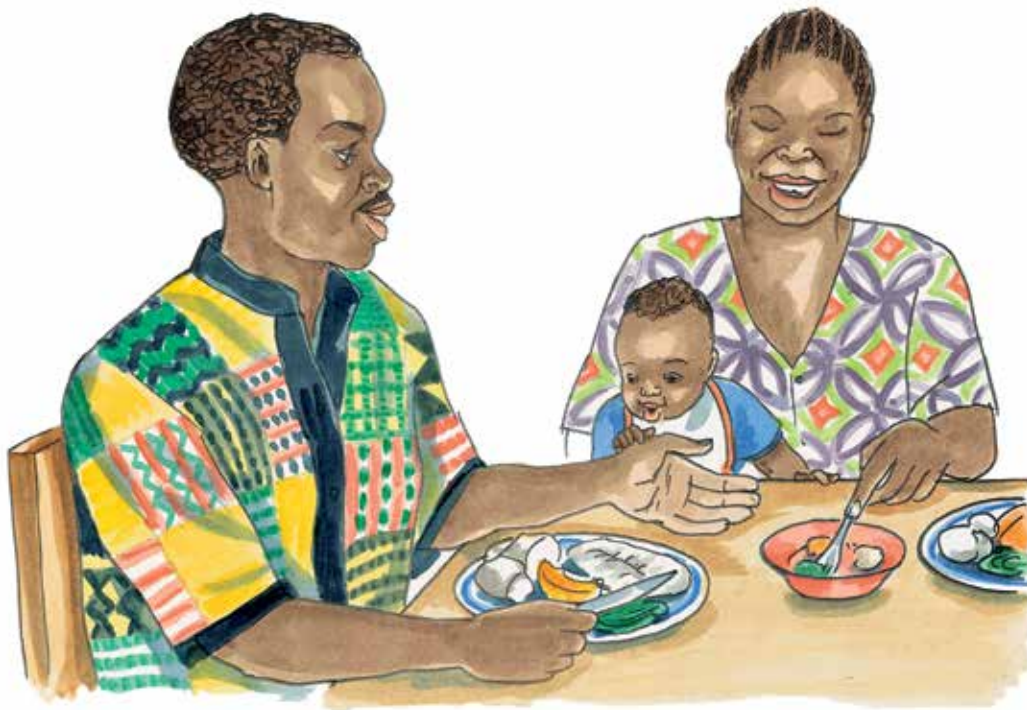


Paul's gums are hard.
Paul can chew
soft, lumpy foods
with his gums.





**When Paul eats lumpy foods, he learns to chew.
He moves his tongue. He moves his lips. He moves his jaw.
This helps him learn to speak.**



Mary's family have fresh fish, potatoes, pumpkin and spinach for dinner.

Paul has fresh fish, potatoes, pumpkin and spinach for dinner.

Mary mashes Paul's food. Paul's food is lumpy.

Paul can eat the fresh fish and vegetables. Fish and vegetables are good for Paul.



**Paul is 8 months old. Mary doesn't mash everything now.
Mary gives Paul small pieces of soft food. Mary still breastfeeds Paul.
Breastfeeding helps Paul to grow strong.**



**Paul can pick up food with his fingers. This food needs to be soft.
Paul can feed himself but he stills needs Mary to watch him eat.**



**Paul is 12 months old.
Mary still breastfeeds Paul. Paul also eats the family food.**



**Paul can eat lots of different foods.
He can eat bread, lentils, yoghurt, fruit, vegetables, meat and fish.
Paul needs all of these foods to grow strong and healthy.
Paul can drink some cow's milk now.**



**Mary still breastfeeds Paul.
Mary wants to breastfeed Paul until he is 2 years old.**



**Mary takes Paul to the nurse for his immunisation at 12 months old.
Mary is happy because Paul is strong and healthy.**



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