

# Introducing solids to your baby

Good foods for growing babies and strong children

## 0-6 months



## 6 months



## 8 months



## 12 months



**Pureed and minced foods:**  
Start with soft and smooth foods.  
Make food more lumpy as your baby grows.



**Chopped or finger foods:** Start to offer chopped or finger foods from 8 months. Babies like to pick up food and feed themselves.



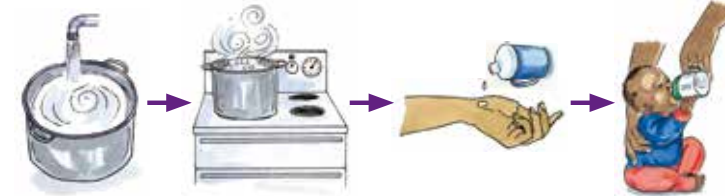
**Family foods:**  
At 12 months old, babies can eat most of the foods that the family eats.



Time to start  
**solids**  
for your baby



Breastmilk



+ water that has been boiled and then cooled



Breastmilk



+ water

Contact your nearest child health nurse for more information on introducing solids to your baby.

Queensland Health: 13 HEALTH (13 43 25 84)



Queensland  
Government

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