Introducing solids to your baby

Good foods for growing babies and strong children

0-6 months

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

6 months

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

8 months

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

12 months

Breastmilk + water that has been boiled and then cooled

Time to start solids for your baby

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

Queensland Health: 13 HEALTH (13 43 25 84)