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

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)