First foods, at your pace.

A preparation checklist for starting solids around 6 months. Use your baby's clinician's advice for individual timing and textures.

Before a meal

- [ ] **Make a calm space**

  Use an appropriate upright feeding seat. An adult stays close and watches throughout.

- [ ] **Prepare a suitable texture**

  Match the food to your baby's skills. Remove bones and hard, round or sticky choking hazards.

- [ ] **Offer without pressure**

  Start with a little. Pause when baby turns away or closes their mouth; finishing a bowl is not the goal.

- [ ] **Keep milk feeds in the day**

  Solid foods complement breast milk or infant formula. They do not replace those feeds when you first start.

Three iron-containing options

Iron-fortified infant cereal. Prepare to a suitable texture as directed on the pack.

Meat. Cook thoroughly; remove bones and puree or finely mash as appropriate.

Lentils or beans. Cook thoroughly and puree or mash well; avoid whole beans.

No required first-food order. No honey before 12 months. Ask about an allergen plan, especially with severe eczema or egg allergy.

Learn infant choking first aid. If baby cannot breathe, cry or cough effectively, get emergency help immediately.

CDC: starting solids | CDC: choking hazards | NHS: first foods

A little food log

Write down what you offered and what you noticed. Bring questions to your care team. This is an observation sheet, not an allergy test or meal plan.

Week / dates: _____

Date / time	Food and preparation	What I noticed	Question / follow-up

Notes for the next conversation

If a food causes a suspected reaction, stop offering it and seek medical advice before trying it again. Breathing difficulty or collapse needs emergency help.