

## **First Solids and Meal Suggestions.**

Giving your child solid foods for the first time is a learning experience for the entire family. Meals are not only for the purpose of consuming food, but also learning how to eat different foods, using the proper tools and learning grace and courtesy that comes with meal times. Messes happen often and are expected as part of the learning process! Please be sure to provide extra food to account for this as well as options to allow your child to make their own choices and gain independence with meal times.

Here are some suggestions that might make packing lunches or making dinner easier on you! Finger foods especially help your child feel more independent at meal times and help them learn to eat on their own using utensils and their hands.

### **4 to 5 Months: small tastes**

Fresh pureed fruits or vegetables.

### **6 to 7 Months: a few tablespoons for one or two meals**

- Rice cereal
- Egg yolk
- Pureed meat
- Teething crackers or hard bread
- Mashed or pureed fruit
- Steamed and mashed or pureed vegetables
- Meals followed with a bottle

### **8 to 9 months: two or more meals, a variety of textures, small finger foods**

- Yogurt
- Rice
- Small pasta
- Soft cooked vegetables (carrots, green beans, zucchini, beets, sweet potato, broccoli)
- Fruits (peaches, pears, plum, melons, banana, avocado, nectarines)
- Soft cooked apple
- Crackers
- Cereal
- Toast
- Frozen peas for sore gums
- Proteins: (small bits of meat, poultry, boneless fish, tofu, and well-cooked beans, like lentils, split peas, pintos, or black beans)
- Meals followed by bottles

### **10 to 12+ Months: All meals with occasional or no bottles**

- School hot lunch (12+ months)
- All of the above plus anything they see you eat!
- Scrambled egg
- Cheese
- Smaller fruits like berries and grapes