

0 – 6 months



Breast or infant formula milk provides your baby with all the nutrients they need for the first six months of life.

Around 6 months

Look out for the signs that your baby is ready to start solids

- Able to stay in a sitting position and hold head steady
- Good hand to mouth coordination
- Able to chew and swallow food



6 – 7 months



Aim to have a small amount at one mealtime each day either mashed or finger food. Gradually introduce a variety of different foods - textures, flavours and colours.

8 – 10 months

Including your baby at mealtime will develop social skills and encourage good habits from an early age. Move on to more meals.

Little by little encourage a wider range of lumpier foods and combinations of foods - go at baby's own pace.



10 – 12 months



By this stage your baby will be having mini meals with a range of different foods. As the amount of food increases your baby will need less milk but it is important to continue with breast feeding or around 500ml formula until 12 months.