

# Developmental Readiness in Feeding

6-11 Months

Around 6 months in age, an infant may begin to show signs that they are ready to start accepting solid foods. Providers should remain in constant communication with parents when beginning to feed solid foods, having a mutual understanding of when and what solid foods should be introduced.

When talking with parents or guardians about when to serve solid foods to infants in care, the following guidelines can help determine if an infant is **developmentally ready**:

- Sits in a high chair with good head control
- Opens his/her mouth for food
- Can move food from a spoon into his/her throat
- Doubled birth weight and weighs at least 13 pounds

**Once an infant is developmentally ready to accept solid foods, you are required to offer them to the infant.**

Solid foods are introduced gradually. New foods may be introduced one at a time over the course of a few days, and an infant's eating patterns may change. For example, an infant may eat a cracker one week and not the next.

