

is my baby ready to eat food?

Around the age of 6 months, your baby may show signs of being ready:

- sits up and holds head steady
- can grab large objects and bring them to mouth
- opens mouth or reaches for food to show interest in what you are eating
- swallows food, rather than pushing it back out with tongue

**If your baby was born early, has difficulty swallowing, is not interested in food or has a family history of food allergies, talk to your healthcare provider before starting solid foods.*



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Breastfeeding Tip



Keep breastfeeding!
Breast milk is the main source of your baby's nutrition until he or she **turns 1 year old.**

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