## **Readiness cues & timing**

The Dietary Guidelines for Americans and the American Academy of Pediatrics recommend introducing solid foods at or around the age of 6 months.

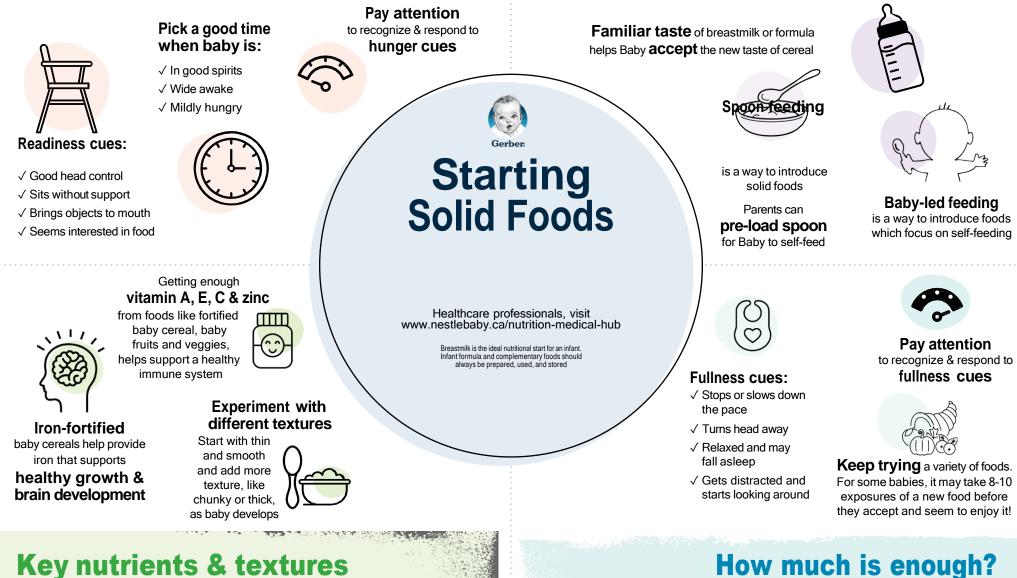
## How to begin

Baby spoon feeding is the introduction of solid foods in pureed form, such as infant cereal or purees, on an infant spoon.

Responsive feeding is a feeding style focusing on responding to a

child's hunger and fullness cues, helping young children learn

how to self-regulate their intake.



## **Key nutrients & textures**

Feeding baby foods can provide key nutrients, and at the right consistency, like purees, can support the development of a wide variety of jaw movements and increase the ability to adapt to different types of oral sensory information and textures.