



# How to Use Baby Cereal with Baby-led Feeding

**Offering a variety of textures helps baby develop eating skills**

- Baby cereal is an important food to help your baby get iron and other essential nutrients
- All babies need iron in their diets, no matter how they are fed
- You can follow a baby-led feeding style and still use baby cereal to help your baby get the iron and nutrition they need
- Children should be seated and supervised while eating



## Readiness cues:

- ✓ Age 6 months+
- ✓ Good head control
- ✓ Sits independently
- ✓ Brings objects to mouth
- ✓ Interested in food

## Pre-loaded spoon

- Mix baby cereal with less liquid for a thick texture that clings to the spoon
- Place thick cereal on the spoon
- Hand your baby the spoon so they can self feed

## Roll foods in baby cereal for grip

- Bite-size pieces of fresh foods, like banana or avocado can be slippery for little hands
- Cut fresh banana, avocado, or a soft-cooked vegetable into long thin strips or bite-sized pieces appropriate for your baby
- Roll the cut pieces in baby cereal until they are coated and ready for picking up

## Use baby cereal as an ingredient in baby-led friendly recipes

- Pancakes, muffins, waffles and more can use baby cereal as an ingredient for some of the flour
- Find recipes on [www.nestlebaby.ca/recipe-finder](https://www.nestlebaby.ca/recipe-finder) that uses baby's favorite foods to make recipes that can be picked up
- Cut pancakes and muffins into bite-sized pieces appropriate for baby before serving

Learn more about baby-led feeding at [www.nestlebaby.ca/nutrition-medical-hub](https://www.nestlebaby.ca/nutrition-medical-hub)