

INTRODUCTION OF FOOD

How do I know if my baby is ready?



ASPECT OF DEVELOPMENT

HOW IT MANIFESTS ITSELF

MOTOR SKILLS

- She sits unaided
- He's able to bend forward
She's able to put food in her mouth and tries to chew
- He's got good control of his neck muscles
- She is able to push away an object (to indicate that she is no longer hungry, she will be able to push away her spoon)
- He can turn his head and indicate NO with his head

NUTRITION

- He seems to be hungrier
- Infant formula or breast milk is no longer enough to satisfy her (examples: greater demand that lasts more than 5 days, empties both breasts 8-10 times a day or drinks 40 ounces from a bottle every day)

INTEREST

- She's interested in what other family members are eating
- He opens his mouth when he sees food coming in his direction
- She shows an interest in food in general