

When is my baby ready for food?

At around 6 months, breast milk or formula alone isn't enough for your baby. It's time to start giving them solid foods while still breastfeeding or using formula. Your baby needs iron-rich foods to grow and learn because their iron stores are low at this age.

Signs your baby is ready for food:

- hold their head up and have good head control
- sit with support



- keep food in their mouth and swallow it



- open their mouth as food comes near



- start to look at your food and reach for it



For more information, visit:
Introducing solids: why, when, what
& how | Raising Children Network



To access the full digital guide
'From Starting Solids to Cooking for the
Whole Family' visit [melton.vic.gov.au/
startingsolids](https://melton.vic.gov.au/startingsolids) or scan the QR code

