

Starting Solids

Introducing food to your mountain baby may seem overwhelming, but with some simple steps, it can be an easy and exciting time! We are here every step of this journey to help you fuel your mountain kid to grow healthy and strong.



When to Start

Signs your baby is ready to introduce solids into their diet typically develop around 4–6 months of age and include:

- Sitting up with minimal support with full head and neck control
- Brings toys or other objects to their mouth
- Shows interest in foods, watches you eat or mouths for food

Safe Space

Ensure your baby has a safe place to eat, with their back straight and proper foot support. If needed, add a pillow behind their back or a resistance band for foot support. To keep your baby safe, always have a parent or caregiver present, sitting undistracted across from the baby while food is being offered.



Foods to Offer

No matter how you decide to start solids with your baby, it is important to offer foods in a safe form. This could be through purees or soft whole foods that are easily mashed between two fingers. If using whole foods, start with strips of food about the size of an adult pinky as your baby will start eating by grasping with their palm and eventually with their fingers. If using purees, consider preloading a spoon of food to allow your baby to practice self-feeding skills as they progress in their eating skills.

Foods to Avoid

For babies under 1 year of age, honey should not be offered. You should also avoid round, hard, slippery foods that are choking hazards, as well as highly processed foods.

Additional Support

A great resource we recommend is [solidstarts.com](https://www.solidstarts.com), which provide expert information and visuals on feeding. We are also always available to provide additional support when needed.

Positive Eating Patterns

Give your baby plenty of time to eat, without forcing food on your baby. Humans are born with an internal ability to self-regulate how much food we eat, we don't want to disrupt this. Try to make eating a positive family-centered experience where they are able to explore new textures and flavors. As a parent, you choose when and what food is being served and the child decides if and how much they want to eat.