



Introducing Solid Foods

COMPLEMENTARY TOOL FOR BLW



With this tool, learn whether your child is ready for solid foods and discover which sizes and textures are appropriate.

Is my child ready?

Under 4 months old	Introducing foods (puree or BLW) is not recommended , except on medical advice.
Between 4 and 6 months old	Foods can be introduced as purees if baby shows the following physical signs: they can hold their head up, they bring their hands to their mouth, they sit up without support, they show interest in food, and breast milk or formula is no longer sufficient.
6 months or older	Foods can be introduced through baby-led weaning (BLW) if baby can: turn their head to each side, bring their hands to their mouth, sit up without support, and move their head up and down. Baby is not ready for BLW if they show growth delay, have an oral condition, or your physician doesn't recommend it.

What can I offer?

Age	Size of Foods	Examples (Food rich in iron + vitamin C)
6-7 months	Sticks, nuggets, strips	Tofu sticks + broccoli floret Chicken drumstick + potato wedge
7-8 months	Golf ball	Scrambled eggs + banana Cooked meat (tender) + slice of cantaloupe
8 months +	Die	Shredded meat + well-cooked asparagus Diced fish + slice of ripe peach

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