

5 MISTAKES PARENTS MAKE WHEN STARTING SOLID FOODS

A quick guide for parents of babies 6–9 months.



The information in this guide is educational and should not replace professional medical advice. Consult your pediatrician if you have any concerns.



Introducing too many new foods at once

Introduce the new food at a time and wait a couple of days before trying another. This helps you spot any allergies or sensitivities easily.



Adding sugar or salt

Babies don't added sugar or salt. Their taste buds are just getting to know real food—natural flavors are more than enough.



Expecting a full meal immediately

In the beginning, babies are learning to taste, chew and swallow. A few spoonfuls are a win!



Not offering small sips of water

Once your baby starts solids, offer small sips of plain water in an open-top cup during mealtimes. Don't worry if they take only a sip or two—that's okay! It helps them get used to water.



Forcing the baby to finish

If your baby turns away, closes their mouth, or loses interest, respect the cues. Mealtime should be positive, not a battle.

STARTING SOLIDS SUCCESS CHECKLIST

Use this checklist to keep mealtimes positive, simple and stress-free.



My baby is sitting with support during mealtimes.

☐

I introduce one new food at a time.

☐

I avoid adding sugar to my baby's food.

☐

I avoid adding salt to my baby's food.

☐

I offer small sips of water during mealtimes.

☐

I offer a variety of nutrient-rich foods as advised by our doctor.

☐

I let my baby explore food and make a mess.

☐

I follow my baby's hunger and fullness cues.

☐

We enjoy mealtimes together as a family.

☐

I celebrate progress, not perfection!

☐