There are 3 reliable signs that suggest I’m ready to try my first foods. These are:

1. I am able to sit and hold my head steady
2. I can see my food, use my hands to pick it up and put it into my mouth
3. I can swallow my food without using my tongue to push it out around my face.

For further information on introducing your baby to solid foods please speak to your health visitor or local family centre. The leaflet introducing solid foods is available on www.nhs.uk/weaning and www.nhs.uk/start4life