

6 MONTHS – Is your baby ready for solid foods?



Hello! Your baby is now 6 months old! This is a fun age with lots of changes! This month is a special issue – we'll talk about milestones, immunizations, and then we'll give you lots of information about introducing solid foods.

Here are some examples of things that most babies do by this age:

- Knows familiar people
- Laughs
- Takes turns making sounds with you
- Reaches to grab a toy they want
- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support themselves when sitting

For more developmental milestones for this age, including **picture and video examples** of what these look like, you can visit the [CDC Milestones](#) website, or download the [app](#).

This website has great up to date information, but the resources it links to are American. **If you have any concerns about your child's development, contact your healthcare provider.** You can also contact the [SmartStart Hub at Five Counties Children's Centre](#) to get connected directly to services.

[CDC Milestones](#)

Immunization Alert!

Your baby is due for their third dose of the immunization which protects against the following five diseases: diphtheria, tetanus, pertussis, polio, haemophilus influenzae type b.

Don't forget to record your child's immunizations [here](#).

Flu Shot

Your baby is now old enough to get an immunization against influenza (flu).

The flu is a serious respiratory infection caused by a virus. The flu can cause a cough, fever, muscle aches, fatigue, and even death. Babies are at higher risk of these problems. The first time your child receives the flu

shot, they will receive two doses, at least 4 weeks apart. The first dose stimulates their immune system. The second dose provides protection so that they will be able to fight off influenza.

Parents: Don't forget to get your flu shot at the same time!

[Learn About Influenza](#)

COVID-19 Vaccine

Your baby is also now old enough to receive the COVID-19 vaccine.

[Learn About the COVID-19 Vaccine for Children](#)



Introducing Solid Foods

If your baby is showing readiness, they may be able to start solid food. This is a big milestone that you can enjoy sharing with your baby. Here are some things to remember as you start offering your baby solids:

- Always supervise your child when eating. Make sure your child is sitting upright in a highchair and is not distracted.
- Offer your baby iron-rich foods first such as beef, chicken, fish, lentils, or iron-fortified infant cereal to help their brain develop.
- Introduce [common food allergens](#) one at a time. Watch for an allergic reaction: itchy skin, upset stomach, or wheezing. Wait two days before introducing a new food so that if your baby develops a reaction, you'll have a better idea of what food might have caused it.
- Help your baby learn to drink from an open cup by offering water when introducing solid foods. Breastmilk or formula should still be their main drink until 12 months. Do not add cereal or other foods to a bottle as this can cause your baby to choke. Avoid giving juice as it can lead to cavities.

Foods to Avoid:

- Honey (for the first year due to the risk of botulism).
- Foods with high choking risk (e.g. whole grapes, hot dogs, marshmallows, popcorn, nuts, seeds, nut butters on a spoon, dried fruit, and hard (raw) fruit or vegetables).

Foods to Limit:

- Fish high in mercury such as swordfish, tuna steak, and albacore tuna.

- Foods that are high in sugar or salt.
- Rice-based cookies, crackers, rusks, and puffs can be filling and leave little room for more nutritious foods. Some of these foods, especially those containing brown rice syrup or brown rice flour, have also been found to have unsafe levels of inorganic arsenic which is not safe for your baby in high amounts.

For more information, and daily sample menus for babies and older children, see: [Infant Nutrition](#) or [Feeding Your Baby Booklet](#).

Peterborough Child and Family Centres also offers a single session workshop called [Feeding Your Baby](#).



Parent Tips

For reliable nutrition information and recipes, visit UnlockFood.ca.

You can also speak to a Registered Dietitian over the phone for free by dialing 811 or by visiting [Health 811](#) to start a virtual chat.

Have fun starting solids this month! We'll connect with you next month when your baby is 7 months old!

