

let your baby
**guide
you**

Here are some signs
your baby has had
enough to eat...



**Turns their
head away**



**Spits
out food**



**Closes their
mouth**



**Crying and
general unhappiness**



**Refuses food by pushing
away the food or your hand**

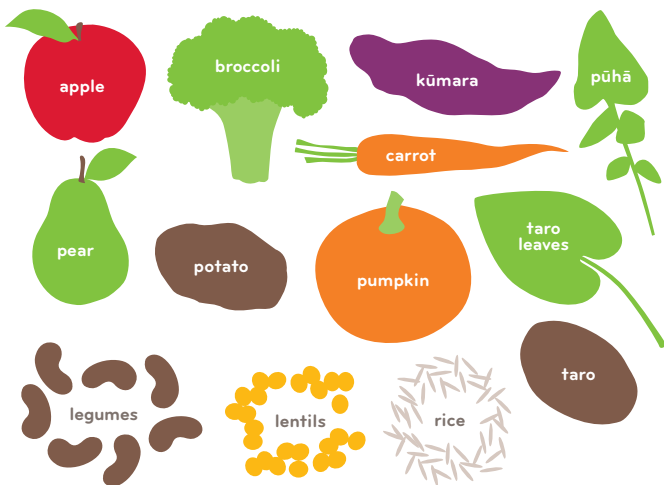
**Babies are very good at knowing
when they have had enough to eat.**

these are the
best foods

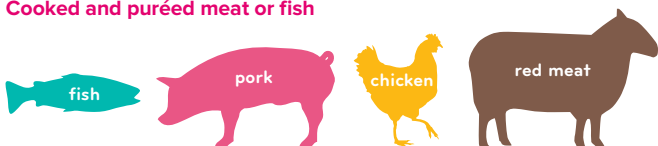
for your baby
when starting on
solids at around
6 months

Choose foods
that are
**soft &
smooth**

Cooked and puréed vegetables, fruit, legumes, lentils or rice, such as



Cooked and puréed meat or fish



Mashed uncooked fruit



Store bought



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when they have had enough to eat.**