



MILKY WAY

EXPLORING SOLID FOODS
THROUGH PUREES



SOLID FOODS

Starting solid foods is an exciting milestone for both of us! With a puree-based approach, you can gently introduce me to new tastes and textures while making sure I get the nutrition I need at my own pace.

UNDERSTANDING MY GAG REFLEX

Even though purees are soft, I may still gag sometimes, and that's okay! My gag reflex is closer to the front of my mouth than yours, which helps keep me safe while I learn to swallow.

WHEN TO START WEANING

I'm around six months old. I can sit up without support, hold my head steady, and have good hand-eye coordination. I can reach for food, bring it to my mouth, and chew—even without teeth. I've also lost the tongue-thrust reflex that made me push food out.

EXPLORING SOLID FOODS THROUGH PUREES



HOW TO INTRODUCE PUREES

Start with a smooth puree like carrot, sweet potato, or banana. Use a soft spoon and let me go at my own pace—I might spit some out at first! Introduce one new food at a time, and slowly move to thicker, lumpier textures as I get used to eating.

THE BENEFITS OF PUREE-BASED APPROACH

Smooth purees help me learn to eat and swallow easily, while supporting iron intake. Their soft texture reduces gagging and stress at mealtimes. You can adjust flavours and textures as I grow, and spoon-feeding makes it easy to eat anywhere.

MILK REMAINS MY MAIN SOURCE OF NUTRITION

Even though I'm starting to explore solid foods, my breast milk or formula is still my main source of nutrition until I am one year old. Food before one is just for fun!