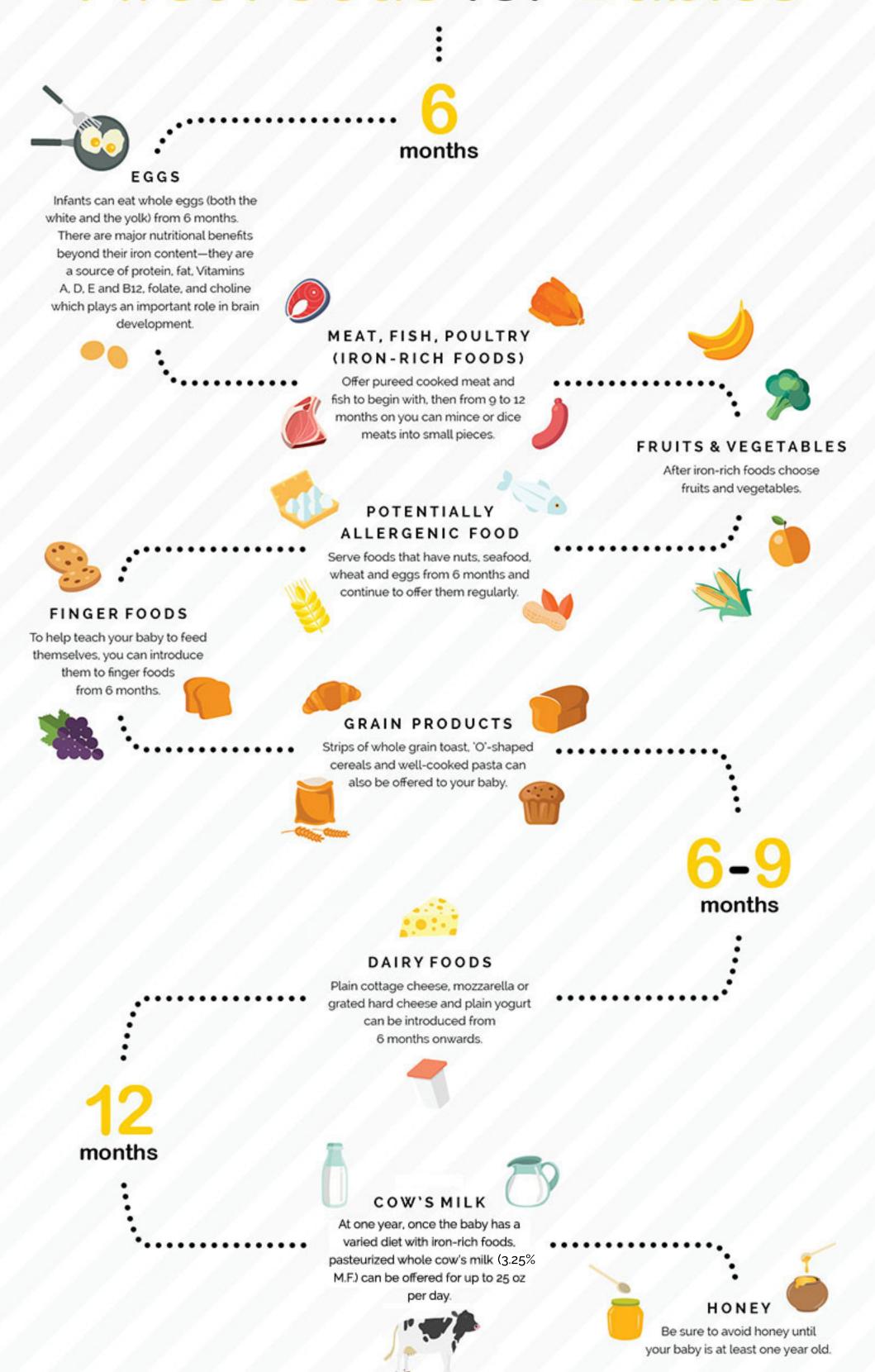
First Foods for Babies



Signs your baby is ready for solid food



They can hold their

head up



They can sit up and lean forward



Pick up food and try to put it in their mouths



They can communicate that they are full (turns head away)



