

INTRODUCING SOLID FOODS TO BABY

SIGNS YOUR BABY MAY BE READY FOR SOLIDS:

- Baby is sitting upright without support
- Baby has steady head and neck control
- Baby is engaging the *Pincer Grasp* with their fingers
- Baby's *Tongue Thrust* reflex does not push food out of their mouth immediately
- Baby is showing interest in solid foods that OTHERS are eating
- Baby mimics chewing movements
- I encourage all families to check in with their pediatrician before introducing solids for the first time!

ADDITIONAL HELPFUL RESOURCES:

Solid Starts:

<https://www.instagram.com/solidstarts/>

Baby Led Weaning Support:

<https://www.instagram.com/babyledweanteam/>

(770) 250.5650 | elizabeth@ebsleep.com



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How Introducing Solids Might Impact Sleep

I encourage families to begin introducing solids in the morning time closer to breakfast! I find that introducing NEW solid foods as far away from Night Sleep to be best practice to avoid sleep disruptions. By introducing new solid foods earlier in the day, parents are better able to monitor for potential reactions, as opposed to offering new foods at "dinner" time and then putting baby down for a long night sleep shortly afterward.

And let's not forget about.... GAS. Yep-- with the introduction of new solid foods, comes the potential for digestion issues and potential gas pains. I like to give baby ALLLLLLL day long to really work out any indigestion or gas pains before heading off to bed for the night.

There is some anecdotal evidence that offering solid foods can help baby sleep longer in the night, as solid foods are digested SLOWER than breastmilk or formula. I recommend high protein or fat dense foods at dinner to help keep baby's tummy full. *That said, I find offering solid foods to be more of a support strategy as opposed to a surefire answer for improving night sleep!

Lastly, you may find that some solid foods change up baby's diaper habits. You might find that baby wakes from a nap or in the early morning with a dirty diaper. Pay close attention to what baby ate and how long it took baby to digest that particular food. Do NOT be scared to switch up the order/timing of foods throughout the day to avoid a bowel movement interfering with sleep. Baby has no idea what is "appropriate" breakfast or dinner food!

- TIP: If baby is consistently waking with a dirty diaper, consider layering vaseline on the diaper itself and diaper cream on baby's bottom to provide dual layer of protection against potential diaper rash!

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