

The first-spoon guide

A calm, one-page companion for beginning complementary foods at around 6 months.

The simple starting point

Start at around 6 months. Begin with 2-3 spoonfuls of soft food, twice a day, while continuing breastfeeding where applicable.

1

Start soft, not watery

Offer smooth, soft food. Porridge should sit on the spoon rather than run off it, so each spoonful carries useful nourishment.

2

Follow their cues

Offer, pause and watch. Open mouth and leaning forward may mean more; turning away or closing the mouth may mean finished.

3

Keep portions small

A few spoonfuls can be a successful start. Early feeding is practice as well as nourishment - never force the child to finish.

4

Grow texture gradually

Move from smooth foods toward thicker mashed and soft lumpy textures as skills develop. Keep the child upright and supervised.

FIRST-WEEK RHYTHM

1. Wash hands and prepare a clean spoon and bowl.
2. Choose one quiet moment when the child is alert.
3. Offer a little; stop when they signal they are done.
4. Try again gently - new tastes often take time.