littlepuku.

STARTING SOLIDS CHECKLIST

BABY _____

FIRST BITE _____

♡ Around 6 months, never before 4 — **go by the signs, not the date.**

1 · IS BABY READY? TICK ALL FIVE

HEAD STEADY
Holds head upright while seated. ○

SITS UP
Sits with little support, no slumping to one side. ○

FOOD INTEREST
Watches you eat, reaches, opens mouth. ○

NO TONGUE PUSH
No longer pushes food straight back out. ○

HAND TO MOUTH
Brings toys and hands to mouth on purpose. ○

2 · BEFORE THE FIRST BITE

SEAT & SETUP

- [ ] A sturdy highchair with a footrest (feet flat, not dangling)
- [ ] Harness or straps that fit snugly
- [ ] Silicone placemat or tray cover for easy cleanup
- [ ] Splash mat under the highchair

FEEDING KIT

- [ ] Silicone bib with a catch pocket
- [ ] Soft-tipped spoons (2–3 for rotation)
- [ ] Suction bowl or plate
- [ ] Open cup or straw cup for sips of water

FOOD & SAFETY

- [ ] Iron-rich first foods ready (see week 1)
- [ ] Know the difference between gagging and choking
- [ ] A calm, screen-free spot and an unhurried time of day

3 · HIGHCHAIR CHECK: 90-90-90



90° Hips

90° Knees

90° Ankles, feet flat

- [ ] Feet resting flat on the footrest
- [ ] Sitting upright, not slumped or leaning on the tray
- [ ] Tray around belly-button height
- [ ] Harness on, every meal
- [ ] You sit with baby — never leave them alone while eating

4 · YOUR FIRST FOUR WEEKS

1 EXPLORE
One meal a day. A teaspoon or two of one iron-rich food: fortified cereal, puréed meat, lentils.

FOODS TRIED

2 EXPAND
Still one meal. Add vegetables and fruit: sweet potato, pumpkin, avocado, pear, banana.

FOODS TRIED

3 ALLERGENS
One new allergen at a time, in the morning: well-cooked egg, smooth peanut butter, yoghurt.

FOODS TRIED

4 BUILD
Two meals a day. Combine foods, more textures, soft finger foods.

FOODS TRIED

✓ DO OFFER

- Iron-fortified cereal, puréed meat, poultry, fish, lentils, tofu
- Well-cooked egg; smooth nut butter thinned into purée
- Mashed avocado, banana, sweet potato, pumpkin
- Full-fat yoghurt and soft cheese

✕ SKIP FOR NOW

- Honey before 12 months
- Whole nuts, large seeds, hard raw fruit and vegetables
- Cow's milk as a main drink before 12 months
- Added salt or sugar, juice, highly processed foods

⚠ **General information, not medical advice.** Based on the NHMRC Infant Feeding Guidelines, the ASCIA guideline on infant feeding and allergy prevention (2026) and AAP guidance (2023, 2025). Talk to your child health nurse, GP or paediatrician before you start, especially if your baby was premature, has severe eczema or a known food allergy. Learn infant first aid; call emergency services if your baby can't breathe, cough or cry.

IKEA ANTILOP HIGHCHAIR?
Our footrest, support cushion and placemat are made to fit it. Scan to see the setup.