



The journey of starting solids & texture progression

It's important that the food's texture suits your baby's developmental stage, even if you're following baby-led weaning. Most infants are able to manage finger foods by 8 months. By 12 months, children are able to enjoy family meals.

It can sometimes be tricky to know when to introduce new food textures. From purees to lumpy textures to finger foods – [this resource](#) is a great place to start. For tips on how to prepare different textures and what they may look like, click [here](#).



At this age, it's **normal for mealtimes to be messy**. Touching, squishing and licking are all important steps of exploring new foods.

Here's some tips to help manage mess:



Place a **mat or newspaper** under your child's chair



Have a **washcloth** handy for when mealtime has finished

Leave **bath time** or a change of clothes until **after meals**



Suction plates which stick to the tray or table can be handy



At our service, our cook adapts menu choices to cater for different texture requirements. We encourage children to explore new foods, and when ready, use utensils to self-feed. Come and talk to our educators to let us know when your child is trying a different texture at home.



For more information on baby-led weaning and traditional texture progression, you may also want to check-out the Tiny Bites webinars [here](#).

All families are welcome to chat to our educators about how we can best support them.