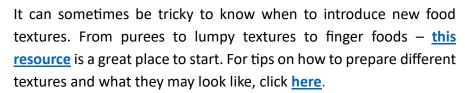




The journey of starting solids & texture progression

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.





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

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





Have a washcloth handy for when mealtime has finished

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



At our service, we encourage children to explore new foods, and when ready, support them to self-feed. Come and talk to our educators if you are wondering about ideas for how to include foods of appropriate textures in the lunchbox. Click here for more ideas.



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.