



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, 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.