



How To Know If Your 5-Month-Old Is Ready To Eat A Solid Meal



Can hold up their neck and head



Can sit in an upright position if supported



Shows curiosity about the food presented before them



Opens mouth if offered or sees a spoonful of food nearing them



Reaches out to pick up the food



Are double their birth weight

References:

1. Bite-Sized Milestones: Signs of Solid Food Readiness; American Academy of Pediatrics
2. Introducing solids: why, when, what and how; Raising Children Network