

Introduction to Age-Appropriate Foods Recommendations



Parents are encouraged to monitor for a child's readiness for complimentary foods by watching for hunger cues.

Hunger Cues

Moving, licking, and smacking lips, sucking in lips, tongue, and fingers, or opening mouth when touched on the chin, cheek, or lips.

Introduce a child to one new food at a time and then wait at least two or three days for any potential allergic reactions.

Finger Foods

These can be introduced once a child is able to sit up alone and bring his/her hands to his/her mouths.

Teach children to eat different types of nutrient-rich foods that promote growth and development.

Ready. Set. Go!

They will be ready to enter kindergarten ready to learn and play at their best!

