

Starting solids planner

Start solids calmly, with foods your family already cooks. Know the signs that your baby is ready, what to start with, what to leave out, and how to try one new food at a time.

Baby turns 6 months on _____ Who feeds baby on weekdays _____

Not yet reviewed by a clinician. We're arranging a clinical review; until then, check anything about your child's health with your doctor or the Child Health Booklet. This planner gives general guidance from HealthHub; it does not diagnose. Talk to your doctor if you have any concerns.

1 When to start

- HealthHub (Health Promotion Board): "You should start introducing baby weaning foods after your baby is 6 months of age." Your baby's readiness signs matter more than an exact date.
- Milk stays your baby's main food at first. Solids add to milk feeds; they do not replace them.
- Some babies, for example those with slow growth, are started at a different time on a doctor's or dietitian's advice.

2 Signs your baby may be ready

- ☐ Sits up well with some support and holds the head steady
- ☐ Watches you eat and shows interest in your food
- ☐ Wants to chew, or puts toys and hands in the mouth
- ☐ Opens the mouth for a spoon and closes the lips around it
- ☐ Still seems hungry after a full milk feed

Baby keeps pushing food out with the tongue? Many babies just need more time. Wait about a week, then try again.

Local first foods

- Iron-fortified plain rice cereal or smooth rice porridge, mixed with baby's usual milk
- Porridge blended with pumpkin, sweet potato or carrot
- Soft, smooth fruit and vegetable purees
- From about 6 to 7 months, protein foods such as steamed fish (every bone removed), minced chicken or soft tofu

Leave out for now

- Honey
- Added salt, sugar and seasonings such as soy sauce; no salt before 12 months
- Sugary drinks, and cow's milk as a drink before 12 months
- Choking risks: whole nuts, raisins, whole grapes, hard raw carrot or apple, sticky rice, fish with bones

3 How to start

- Begin with a teaspoon or two, once a day, smooth and slightly thicker than milk.
- Try one new food every 3 to 4 days, so you can tell which food caused any reaction.
- Move to thicker, lumpier textures from about 7 to 9 months, and mashed or chopped food by 10 to 12 months.
- Always sit baby upright and stay with them while they eat.

Our first two weeks of solids

One new food every 3 to 4 days, the same food in between. The ideas column is a starting point; swap in what your family cooks. Grandparents and helpers can fill in the rest.

Day	Food idea	Date	How it went	Anything unusual
Day 1	New: rice cereal or smooth rice porridge		☐ Liked ☐ Unsure	
Day 2	Same as day 1		☐ Liked ☐ Unsure	
Day 3	Same as day 1		☐ Liked ☐ Unsure	
Day 4	New: porridge with pumpkin		☐ Liked ☐ Unsure	
Day 5	Same as day 4		☐ Liked ☐ Unsure	
Day 6	Same as day 4		☐ Liked ☐ Unsure	
Day 7	Same as day 4		☐ Liked ☐ Unsure	
Day 8	New: porridge with sweet potato		☐ Liked ☐ Unsure	
Day 9	Same as day 8		☐ Liked ☐ Unsure	
Day 10	Same as day 8		☐ Liked ☐ Unsure	
Day 11	New: porridge with carrot		☐ Liked ☐ Unsure	
Day 12	Same as day 11		☐ Liked ☐ Unsure	
Day 13	Same as day 11		☐ Liked ☐ Unsure	
Day 14	A favourite so far		☐ Liked ☐ Unsure	

1 Watch for these after a new food

HealthHub lists hives, worse eczema, swelling of the face or mouth, vomiting and watery stools. Stop that food and see your doctor promptly. If your baby has trouble breathing or faints, call 995.

A guide, not a rule. Every baby goes at their own pace; there is no need to finish a whole portion or follow the order above. This sheet is not medical advice and does not diagnose. Keep it on the fridge and share it with everyone who feeds your baby.

Sources: HealthHub (Health Promotion Board, with KK Women's and Children's Hospital), Getting Your Baby Started on Solids, healthhub.sg/well-being-and-lifestyle/food-diet-and-nutrition/getting-baby-started-on-solids; HealthHub (Health Promotion Board), Getting ready for solids, healthhub.sg/well-being-and-lifestyle/pregnancy-and-infant-health/baby-getting-ready-for-solids; HealthHub (Health Promotion Board), Ready, Steady, Wean! Why, When and How to Move Your Baby onto Solids, healthhub.sg/well-being-and-lifestyle/food-diet-and-nutrition/ready-steady-wean-how-to-move-baby-onto-solids. All checked 10 October 2026.