

# A Journey Begins

**Week 1: Introduction to Solids**  
 Introduce your baby to solids with a spoonful of iron-fortified infant cereal. This is the first step in your baby's journey to eating a variety of healthy foods.



**Week 2: Pureed Fruits**  
 Start with pureed fruits like applesauce or pears. These are easy to digest and provide natural sweetness. Introduce one new fruit at a time.



**Week 3: Pureed Vegetables**  
 Introduce pureed vegetables like sweet potatoes or carrots. These provide essential vitamins and fiber. Always cook vegetables thoroughly before pureeing.




**Week 4: Softened Fruits**  
 Move to soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 5: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 6: Finger Foods**  
 Introduce finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.




**Week 7: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 8: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.




**Week 9: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 10: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.




**Week 11: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.




**Week 12: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 13: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 14: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 15: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 16: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 17: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.




**Week 18: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 19: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 20: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 21: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 22: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.




**Week 23: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 24: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 25: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 26: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.




**Week 27: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 28: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 29: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 30: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 31: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 32: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 33: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 34: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 35: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.




**Week 36: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 37: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 38: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 39: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 40: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 41: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 42: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 43: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



**Week 44: Softened Fruits**  
 Offer soft, sliced fruits like ripe bananas or avocados. These are easy to chew and provide healthy fats and fiber.



**Week 45: Small Pieces of Fruit**  
 Offer small, soft pieces of fruit like strawberries or peaches. This helps your baby practice chewing and using their hands.



**Week 46: Finger Foods**  
 Offer finger foods like small pieces of toast or soft-cooked pasta. This encourages self-feeding and fine motor skills.



**Week 47: Variety of Foods**  
 Offer a variety of soft, bite-sized foods from different food groups. This helps your baby explore different textures and flavors.



Your baby gets ready to meet the world!

A new story starts