



First Foods Readiness Assessment

BABY'S NAME:

CURRENT AGE:

AGE GUIDELINE 

- Baby is 6 months old or 26 weeks
- Earlier than 6 months is generally not recommended

DEVELOPMENTAL READINESS SIGNS:	YES	NO
HEAD & NECK CONTROL  • Holds head steady without support • Can sit upright with minimal assistance		
ORAL MOTOR SKILLS  • Shows ability to move food to the back of the mouth and swallow • Loss of the tongue-thrust reflex (doesn't automatically push food out)		
INTEREST IN FOOD  • Watches others eat with curiosity • Reaches for food or opens mouth when food approaches		
HAND TO MOUTH COORDINATION  • Can bring objects (or food) to mouth independently		
FEEDING BEHAVIOUR INDICATORS • Seems hungry even after milk feed • Can stay focused during feeding (not overly sleepy or fussy) • Accepts a spoon (if doing purées)		
GROWTH & HEALTH CONSIDERATIONS • No medical conditions affecting swallowing or digestion • Cleared by pediatrician if premature or with special needs		
SAFETY READINESS • Able to sit in a highchair with good posture • Parent or caregiver understands choking vs gagging • First aid knowledge (infant choking response recommended)		
PARENT/CAREGIVER READINESS • Comfortable supervising all meals • Understands appropriate food textures (purée - mashed - soft solids) • Ready to introduce allergens safely and gradually		
RED FLAGS - DELAY STARTING & CONSULT PAEDIATRICIAN FIRST • Cannot hold head up • Strong tongue-thrust reflex persists • No interest in food • Difficulty swallowing liquids • Frequent coughing/choking on milk		



x 4-5 = Ready



x 3 = Almost ready



less than 2 = Not ready