

Developmental Readiness of Infants for Solid Foods

STAFF WORKSHEET

Instructions

- View the Meaningful Minutes - [Developmental Readiness of Infants for Solid Foods video](#)
- Discuss the worksheet questions below at a staff meeting.
- Review the Resources document to view resources highlighted in the video.

Staff discussion questions

- What is one belief participants commonly have about starting solids that you may need to gently reframe?
- Which 2–3 readiness signs do you find are easiest for participants to recognize?
 - Which signs do you notice are commonly misunderstood or not considered?
- How do you explain the concept of “readiness” in a way that feels simple and actionable to families? What is your favorite tool to use for this conversation?
- What is one key concept from the video that you will apply in your next participant interaction surrounding developmental readiness for solids?

Case study:

- A 3.5-month-old infant is:
 - Receiving formula.
 - Given oatmeal cereal in the bottle at night.
 - Occasionally offered apple juice.
- **Discuss:**
 - Does this meet criteria for Risk Code 411C? Why or why not?
 - What specific assessment questions would you ask next?
- How would you structure this conversation to be both supportive and effective at guiding this participant toward safer, developmentally appropriate feeding practices?

DEVELOPMENT READINESS OF INFANTS FOR SOLID FOODS

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