

Tips for Busy Parents

Simplify your life.

- Keep healthy grab-and-go snacks handy, like nuts, cheese sticks, cereal, fruits and vegetables.
- Make simple meals. Use leftovers the next day.
- Create a routine for mealtime, playtime, and bedtime.
- Clean one small area of your home at a time.

Ask friends or family for help—be specific.

- Ask for a cooked meal.
- Ask for help with laundry and folding.
- Set up play dates for your older children.

Make rest and sleep a priority.

- Rest during night feeds. Dim the lights and get comfortable.
- Keep your baby close at night. Put your baby's crib in the same room.
- Sleep when baby sleeps.
- Try not to watch the clock at night.



5 Common Signs Your Baby is Ready for Solid Foods

Babies who are ready to start solid foods show **all 5** of these signs. Check the signs off when you see each one.



“I can sit up and hold my head steady.”



“I put fingers or toys in my mouth.”



“I am interested in what you are eating.”



“I open wide.”



“I can keep food in my mouth and swallow it. I do not push it out with my tongue.”

WIC recommends starting solid foods around 6 months.
Talk with your WIC counselor to see if your baby is ready.



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