

# Messy Meals

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## **Starting Solid Foods: Around 6 Months - Alberta Health Services**

Expect a mess. Messy hands and face help baby get used to new foods. Baby's appetite will change from day-to-day. Some days a baby will eat a lot, other days not as much. From 6-12 months, baby will slowly start to drink less breastmilk and eat more solid food.