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.