



**During the first twelve months, the baby's diet undergoes significant changes.**

Immediately after birth, breast milk or infant formula serves as the primary source of nourishment. By the second half of the first year, the baby begins to explore various foods and meals through the introduction of complementary feeding.

Towards the end of the first year, the transition to family meals occurs. Sharing meals becomes important moments of togetherness and exchange. Even if not every meal is shared with the family, it's advisable to provide your child with as many opportunities as possible to experience mealtime together, reinforcing the idea that meals are occasions for bonding and are integral to family life.

As the baby's eating abilities develop, typically between the fifth and seventh months, they start transitioning from exclusive milk feeding to incorporating solid foods. They begin to grasp the spoon, push food to the back of the mouth with their tongue, and swallow.

Even after the introduction of complementary foods, breastfeeding should continue based on the preferences of both mother and child. As the baby's teeth start to emerge around six to eight months, they can handle coarser foods and may require additional liquids after the introduction of the third solid meal.

Around eight to nine months, babies can usually handle finger foods independently, using their thumb and forefinger to pick up and eat small portions. Around the tenth month, they gradually shift towards family meals, being able to consume sandwiches and coarsely mashed foods.

Thus, the diet evolves in tandem with the baby's development, reflecting important milestones of the first year of life.