



Parent Provides, Baby Decides

Parent Provides

- Regular schedule for meals and snacks
- Variety of food
- Baby size portions
- Routine place to sit and eat

Baby Decides

- Whether or not to eat
- What to eat from choices offered
- How much to eat

Family Routines Help Babies:

- Feel safe and secure
- Know what will happen throughout the day
- Develop self control

Routine Meals and Snacks Help Babies:

- Know when they will eat
- Not be too hungry or cranky before feeding



Helping Your Baby Eat New Foods

- Put just a teaspoon of a new food on the plate
- Sit with your baby
- Eat the new food with your baby
- Offer new food 10-20 times
- Praise your baby for tasting the food
- Don't give up



Encourage Self-Feeding

- Serve finger foods
- Allow your baby to eat with fingers
- Praise your baby
- Let your baby practice using spoon and fork
- Don't punish your baby if unable to use a fork or spoon

