



Is Your Baby Flexible, Shy or Feisty?

Your baby's temperament describes the way she reacts with the world around her.

Flexible babies

- Easy going
- Handle changes and new foods easily
- May not make much of a fuss when they need something
- Usually in a good mood
- Need love and attention



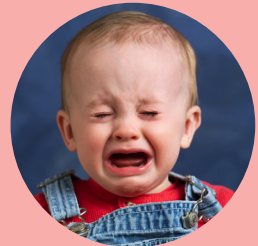
Shy babies

- Need time to warm up to new foods, people and places
- Like to have the same kinds of routines each day
- Need patience from you
- Need love and attention



Feisty babies

- Let you know what they need
- Have strong reactions to hunger, pain, being tired
- Can get upset easily
- Need time to get used to changes
- Like to have the same kinds of routines each day
- Need love and attention



If you have a flexible baby	If you have a shy baby	If you have a feisty baby
Give baby lots of time to breastfeed or take a bottle.	Turn off the television. Sit at the table with your baby during mealtime.	Keep your baby interested by talking to him and looking him in the eye while you feed him.
Feed your baby at the same time each day, as long as your baby is showing she is hungry.	Try to keep mealtime routines the same each day. Predictable mealtimes help a shy baby feel safe and comfortable.	Offer feedings at the same time each day so your baby will know what to expect (as long as baby is hungry).
Don't wait until your baby is crying to offer to feed her. Watch for earlier signs of hunger.	When beginning solid foods, offer just one new food at a time. You may need to offer a shy baby a new food as many as 15 times before she may begin to like it. Be patient.	Try to anticipate when your baby will be hungry and be ready to feed him so he doesn't become so upset he can't eat.



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