

## 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



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