



Make every bite count!

Mealtime is your time together

Mealtime is bonding time and the perfect moment to learn more about your baby's appetite.

You'll find out if they're adventurous or cautious; hungry or full. All this will help you feed them in the way that suits them best. It's called "responsive feeding," and helps to set them up for more healthy eating habits.



Follow your baby's lead

Pay attention to signs of your baby's hunger and fullness so you know when to start and stop feeding. Research shows that babies know how much they need. And they'll tell you in many ways — smiling, reaching toward the spoon, and eagerly opening their mouths.

Signs your baby is full

- ✗ Turning their head away
- ✗ Pushing the spoon away
- ✗ Refusing to open mouth

- ✗ Leaning away from spoon
- ✗ Shaking their head "no"
- ✗ Spitting their food out

Beyond Starter Foods: Establish Healthy Habits for Life

| Readiness cues for the next stages | How to make every bite count — at every stage! |
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| Sitter: 6+ Months <ul style="list-style-type: none">• Sits independently• Picks up and holds small objects in hands• Reaches for spoon when hungry• Uses upper lip to help clear food off spoon |  <p>Sitters need nutrient dense, complementary foods that help provide iron to the diet, such as baby cereals and meat. With your doctor's go-ahead, you can offer foods such as peanut and egg in baby-safe forms once your baby is eating a variety of solid foods.</p> |
| Crawler: 8+ Months <ul style="list-style-type: none">• Crawls with stomach off the floor• May pull self up to stand• Begins to self feed with fingers• Begins to use jaw to mash food |  <p>Crawlers are learning different textures and picking up foods to self feed. Make every bite count with fortified finger foods designed just for them. Encourage your baby to consume a variety of foods from all food groups and avoid added sugar. Include foods rich in iron and zinc, especially if you are breastfeeding.</p> |
| Toddler: 12+ Months <ul style="list-style-type: none">• Stands alone and begins to walk alone• Feeds self easily with fingers• Begins to use spoon and fork• Bites through a variety of textures |  <p>Toddlers need a daily variety of nutritious foods from all the food groups. Eat the rainbow of fruit and veggies — a variety of colors helps provide a variety of nutrients and helps limit sodium from salty snacks. Meats, eggs, whole grains, dairy, and toddler safe forms of nuts and seeds are important for protein, vitamins, and minerals.</p> |

Special instructions: _____