

# 3 TIPS

## For Developing Independent Eaters



1

**Serve age-appropriate textures & flavors** of food that match with your baby's oral-motor development.



2

**Expose baby to a wide variety of solid foods** to reduce picky eating tendencies later on.



3

**Stick with it!** It can take as many as 10 tries for a child to get used to a new texture or flavor. You can offer a spoonful each time and keep trying!



# Use Baby Cereal For a Variety of Textures



## Readiness Cues:

- ✓ Good head control
- ✓ Sits independently
- ✓ Seems interested in food
- ✓ Brings objects to mouth



## A variety of textures helps baby develop eating skills

### Thin



1/4 cup  
cereal



1 cup  
breastmilk,  
formula or water



Mix to look like tomato soup

### Smooth



1/4 cup  
cereal



1/2 cup  
breastmilk,  
formula or water



Mix to look like a smoothie

### Thick



1/4 cup  
cereal



6 Tbsp  
breastmilk,  
formula or water



Mix to look like hummus

### Lumpy



1/4 cup  
cereal



1/3 cup  
breastmilk,  
formula or water



Mix to look like mashed potatoes