



24+ months food acceptance

Milestones:

- ✓ Feeds from a spoon with ease.
- ✓ Drinks from an open cup.
- ✓ Ready to move away from the highchair and can sit without too much wiggling for longer periods of time.

Solid food guide:

- ✓ Continue to offer a variety of foods and textures.
- ✓ To help your little one accept foods, use positive encouragement and comparisons to known foods, and provide praise for trying new foods.



For more information, visit:

<https://medical.gerber.com>

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