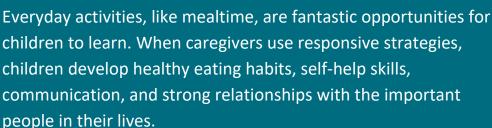
# Mealtime Is More Than Feeding





## Make the Most of mealtime with these strategies:

### **Seat Your Child Safely**

Make sure they're seated upright with no slouching.

### **Introduce New Foods**

Pair new items with foods or sauces your child already likes.

### **Avoid Distractions**

Turn off the TV and other distractions so your child can focus on eating, expressing preferences, and enjoying your attention.

### **Join Your Child**

Sit and eat with them. Model how to use utensils and enjoy your meal together.

### **Offer Choices**

Give options for types and amounts of food to support independence and communication.

### Serve Age-Appropriate Foods

Offer a variety of safe, easy-to-grasp foods with different tastes, colors, and textures.

### **Make Mealtimes Social**

Talk with your child about the food, what they're doing, and what you enjoy about the experience.

# Respond to Your Child's Cues

Let them decide how much to eat instead of encouraging them to clean their plate.

# Encourage Food Exploration

Let your child touch, smell, finger-feed, and hold utensils to explore their meal.

# Embrace The Messiness

Let your child dip, squish, and play with their food to get comfortable with new textures and flavors.

### **Create A Mealtime Routine**

A consistent schedule helps your child know what to expect and feel secure.



