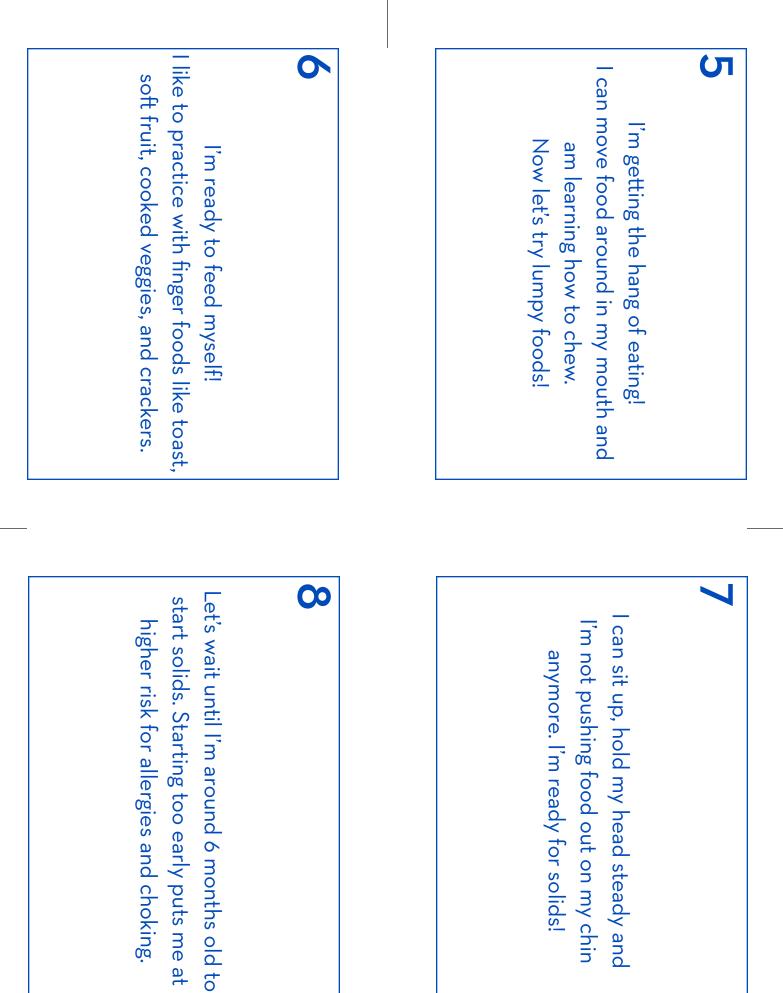
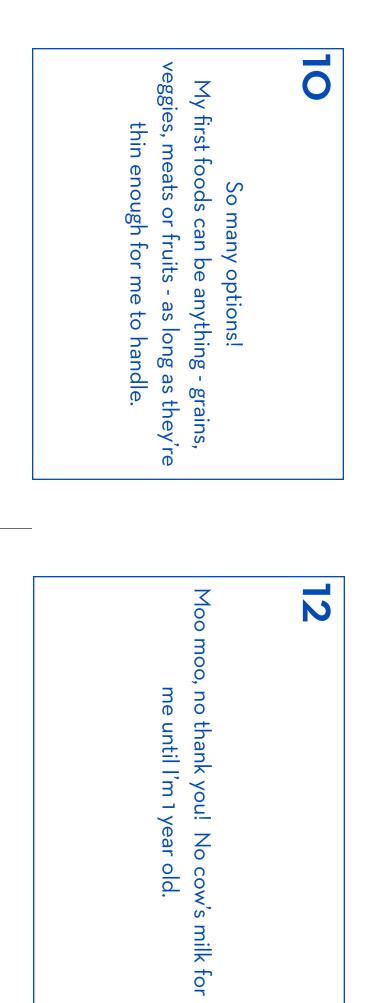
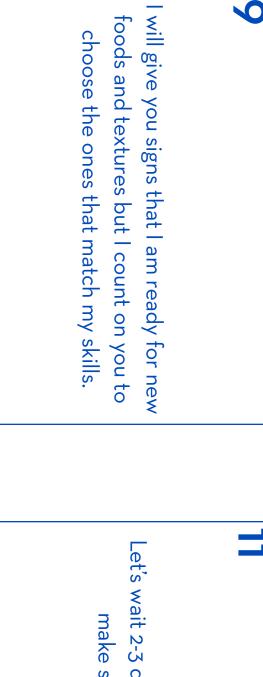


My tummy is full! Please don't force me to eat if I turn my head away, push the spoon away, or hold my mouth shut.

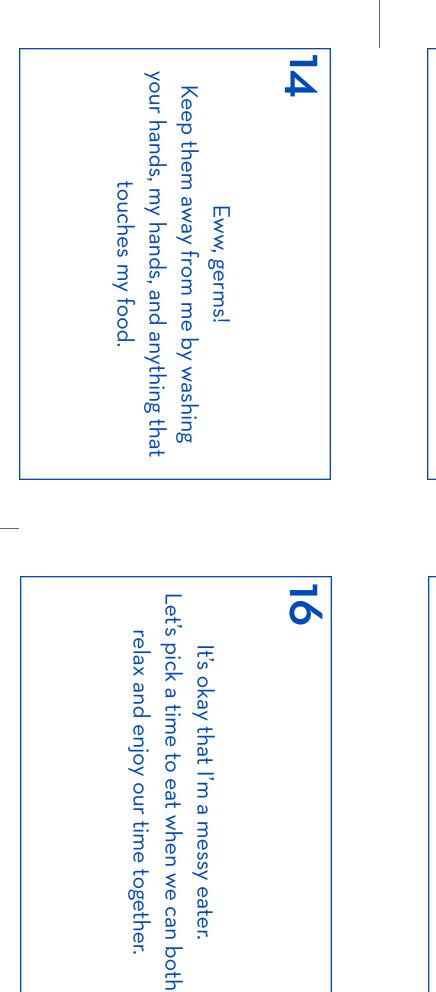
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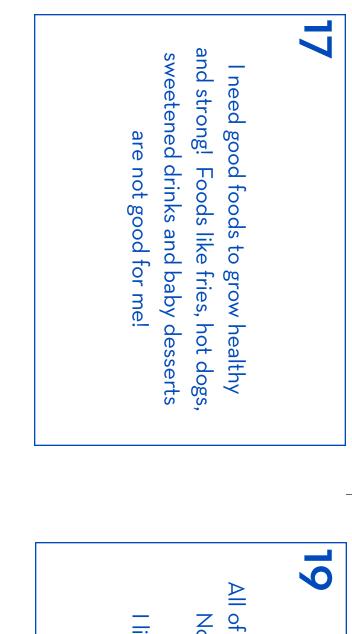
Let's wait 2-3 days between new foods to make sure I'm not allergic.





3

Look at me! When I'm eating,



18

Protect my teeth! Please don't let me sip on juice all day long or any beverage other than water.

20

Whoa, what was that? It may take me a while to get used to new foods. It might take 10-15 tries before I like something.

All of these new foods taste so good! No need to add any salt, sugar, sauces, or seasonings. I like my foods just as they are.

I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?



I'm 1! I feel like a big kid now since I can feed myself and I like to eat a lot of the same foods the rest of the family eats.



My body is not ready to protect me from getting sick so do not feed me raw or undercooked meat or eggs.



Sometimes I like to play with my food. I love to touch it, smell how yummy it is, or even spit it out. That's how I learn!



G B

1 Ouch! If I have a rash, runny nose, or vomiting, that may be a sign that I'm allergic to a new food. Please wait to feed it to me again.	19 All of these new foods taste so good! No need to add any salt, sugar, sauces, or seasonings. I like my foods just as they are.	14 Eww, germs! Keep them away from me by washing your hands, my hands, and anything that touches my food.	23 I'm 1! I feel like a big kid now since I can feed myself and I like to eat a lot of the same foods the rest of the family eats.	2 If you don't like a certain food and call it yucky, I will learn from you and won't want to eat it either!
18 Protect my teeth! Please don't let me sip on juice all day long or any beverage other than water.	15 Look at me! When I'm eating, this will help you make sure I'm not spitting my food out or choking.	10 So many options! My first foods can be anything - grains, veggies, meats or fruits - as long as they're thin enough for me to handle.	24 Sometimes I like to play with my food. I love to touch it, smell how yummy it is, or even spit it out. That's how I learn!	17 I need good foods to grow healthy and strong! Foods like fries, hot dogs, sweetened drinks and baby desserts are not good for me!
7 I can sit up, hold my head steady and I'm not pushing food out on my chin anymore. I'm ready for solids!	6 I'm ready to feed myself! I like to practice with finger foods like toast, soft fruit, cooked veggies, and crackers.		5 I'm getting the hang of eating! I can move food around in my mouth and am learning how to chew. Now let's try lumpy foods!	8 Let's wait until I'm around 6 months old to start solids. Starting too early puts me at higher risk for allergies and choking.
11 Let's wait 2-3 days between new foods to make sure I'm not allergic.	22 My body is not ready to protect me from getting sick so do not feed me raw or undercooked meat or eggs.	9 I will give you signs that I am ready for new foods and textures but I count on you to choose the ones that match my skills.	20 Whoa, what was that? It may take me a while to get used to new foods. It might take 10-15 tries before I like something.	12 Moo moo, no thank you! No cow's milk for me until I'm 1 year old.
4 Practice makes perfect! Let me start using a cup at 6 months old so that we can throw away the bottle by the time I'm 1.	21 I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?	13 Always feed me with a spoon. I like to start small with new foods so I can learn about their taste and feel in my mouth.	16 It's okay that I'm a messy eater. Let's pick a time to eat when we can both relax and enjoy our time together.	3 My tummy is full! Please don't force me to eat if I turn my head away, push the spoon away, or hold my mouth shut.





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6	16	24	2	12
I'm ready to feed myself! I like to practice with finger foods like toast, soft fruit, cooked veggies, and crackers.	It's okay that I'm a messy eater. Let's pick a time to eat when we can both relax and enjoy our time together.	Sometimes I like to play with my food. I love to touch it, smell how yummy it is, or even spit it out. That's how I learn!	If you don't like a certain food and call it yucky, I will learn from you and won't want to eat it either!	Moo moo, no thank you! No cow's milk for me until I'm 1 year old.
10	1	15	9	23
So many options! My first foods can be anything - grains, veggies, meats or fruits - as long as they're thin enough for me to handle.	Ouch! If I have a rash, runny nose, or vomiting, that may be a sign that I'm allergic to a new food. Please wait to feed it to me again.	Look at me! When I'm eating, this will help you make sure I'm not spitting my food out or choking.	I will give you signs that I am ready for new foods and textures but I count on you to choose the ones that match my skills.	I'm 1! I feel like a big kid now since I can feed myself and I like to eat a lot of the same foods the rest of the family eats.
21	14		22	7
I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?	Eww, germs! Keep them away from me by washing your hands, my hands, and anything that touches my food.		My body is not ready to protect me from getting sick so do not feed me raw or undercooked meat or eggs.	I can sit up, hold my head steady and I'm not pushing food out on my chin anymore. I'm ready for solids!
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Practice makes perfect! Let me start using a cup at 6 months old so that we can throw away the bottle by the time I'm 1.	My tummy is full! Please don't force me to eat if I turn my head away, push the spoon away, or hold my mouth shut.	I need good foods to grow healthy and strong! Foods like fries, hot dogs, sweetened drinks and baby desserts are not good for me!	All of these new foods taste so good! No need to add any salt, sugar, sauces, or seasonings. I like my foods just as they are.	Protect my teeth! Please don't let me sip on juice all day long or any beverage other than water.
20	8	11	5	13
Whoa, what was that? It may take me a while to get used to new foods. It might take 10-15 tries before I like something.	Let's wait until I'm around 6 months old to start solids. Starting too early puts me at higher risk for allergies and choking.	Let's wait 2-3 days between new foods to make sure I'm not allergic.	I'm getting the hang of eating! I can move food around in my mouth and am learning how to chew. Now let's try lumpy foods!	Always feed me with a spoon. I like to start small with new foods so I can learn about their taste and feel in my mouth.





8	16	23	18	13
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I need good foods to grow healthy and strong! Foods like fries, hot dogs, sweetened drinks and baby desserts are not good for me!	So many options! My first foods can be anything - grains, veggies, meats or fruits - as long as they're thin enough for me to handle.		I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?	My body is not ready to protect me from getting sick so do not feed me raw or undercooked meat or eggs.
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4	13	23	12	8
Practice makes perfect! Let me start using a cup at 6 months old so that we can throw away the bottle by the time I'm 1.	Always feed me with a spoon. I like to start small with new foods so I can learn about their taste and feel in my mouth.	I'm 1! I feel like a big kid now since I can feed myself and I like to eat a lot of the same foods the rest of the family eats.	Moo moo, no thank you! No cow's milk for me until I'm 1 year old.	Let's wait until I'm around 6 months old to start solids. Starting too early puts me at higher risk for allergies and choking.
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I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?	Ouch! If I have a rash, runny nose, or vomiting, that may be a sign that I'm allergic to a new food. Please wait to feed it to me again.	It's okay that I'm a messy eater. Let's pick a time to eat when we can both relax and enjoy our time together.	I'm getting the hang of eating! I can move food around in my mouth and am learning how to chew. Now let's try lumpy foods!	Eww, germs! Keep them away from me by washing your hands, my hands, and anything that touches my food.
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15	6	20	2	18
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