

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.

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.

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!

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.

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!

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.

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.

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.

11

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

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.

12

Moo moo, no thank you! No cow's milk for me until I'm 1 year old.

# 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.

# 15

Look at me! When I'm eating,  
this will help you make sure I'm not  
spitting my food out or choking.

# 14

Eww, germs!  
Keep them away from me by washing  
your hands, my hands, and anything that  
touches my food.

# 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.

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!

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.

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.

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?

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.

22

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

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!



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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.
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