I can eat foods starting around 9 months.

Tangerine chopped
Green Beans cooked

Here are some healthy choices for me!

Start with one or two tablespoons of each food.
Let me ask for more.

Meatballs in tiny chunks

foods starting around 9 months

Papaya chopped

Keep this list on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.

Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

Start with very small pieces of soft foods.

When I am ready, around 9 or 10 months, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

Don't give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.
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Provide small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

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