

FEEDING YOUR CHILD: RESPONSIVE, INTERACTIVE, ENGAGED

12 MONTHS
AND BEYOND

Children express their needs using their faces, bodies, and voices!

- I'm hungry!
- I feel full!
- I'm tired!
- I need to be held!
- I need quiet time!
- I'm ready to play!

Meal and snack times are more than times to eat: they are social times, too!

- Time for **LEARNING!**
- Time for **LOVING!**

Meals take place at the table with the family or class.

- Time for **talking** to your child!
- Time for **listening** to your child!
- Time for eating, too!

It's a time to promote self-feeding.

- Offer finger foods
- Use child-sized utensils and cups

During meals, children show they are eager for more by:

- Smiling
- Making eye contact with you
- Asking for "more"

Be Responsive, Interactive, Engaged.

Look at your child. Smile and use eye-to-eye contact.

Talk with your child or children during the meal.

- Respond to your child's sounds and "words."
- Ask your child questions!

Use your **words** to describe your baby's feelings of hunger and fullness, such as:

I see you pointing at the food. You would like more.

Turning your head away tells me you're full.

Snuggling into my shirt tells me you're hungry!

You're pushing the bottle away. You want to stop.

Time to Eat!

- Points at food
- Pulls on mother's shirt
- Reaches out for food with hands
- Becomes fussy or grouchy
- Uses sounds or words to say "I'm hungry!"

Crying is a late sign of hunger.

Time to Stop!

- Turns head to refuse food
- Pushes food away
- Clamps lips tightly together when offered food
- Uses sounds or words to say "I'm full!"

