

# 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!"

