Hello — It’s me, your ever-changing baby!

At this stage, I am learning to eat lots of new foods. If I say no to a food, don’t worry. Try it again another time.

Let’s learn from each other about eating and enjoy meals together. You’re the best!

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### your plate/my plate

<table>
<thead>
<tr>
<th>With a little planning, we can eat from the same menus and enjoy the same foods. Just mash or chop mine to make it easy for me to eat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>cheese ravioli with spinach</td>
</tr>
<tr>
<td>green salad with tomatoes and cucumbers</td>
</tr>
<tr>
<td>whole grain bread</td>
</tr>
<tr>
<td>baked chicken</td>
</tr>
<tr>
<td>broccoli and cauliflower</td>
</tr>
<tr>
<td>baked sweet potatoes</td>
</tr>
<tr>
<td>pear slices</td>
</tr>
</tbody>
</table>

### Let’s try something new:

- baked chicken
- mashed potatoes
- steamed carrots
- applesauce

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Thank you for taking such good care of me! I love you!

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture (USDA), Food and Nutrition Service. The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at healthvermont.gov or call 800-464-4343. This institution is an equal opportunity provider.

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**I like to eat with my fingers**

- When I’m ready, let me pick up small pieces of food and feed myself.
- Feeding myself develops part of my brain, and it’s fun.
- Cut round foods like carrots and grapes into small pieces so they are easy to pick up, but won’t cause me to choke.
- It could get messy—good thing I’m easy to wash!

**When I’m full, I’ll tell you**

- I may turn my head away or shake my head “no.”
- I may close my mouth firmly or make a face.
- I may lose interest in eating and start to play.

**Help me use a cup**

I am ready to start using a cup at about 6 months of age. You’ll have to help me for the first month or two. Then I will learn how to hold the cup myself.

- Let me practice using water so when I spill it’s easy to wipe up.
- A 4 oz cup is just my size.
- If you offer me fruit juice, give me 100% juice, and please put it in a cup, not a bottle.

**Eating with me keeps me safe at mealtime**

- I always need an adult with me when I eat or drink, in case I choke. Don’t give me small hard, round foods like candy, hot dogs, whole grapes, raisins, popcorn, and nuts.
- I must always sit up when I eat. Feed me in a high chair or booster seat, or on your lap. I love being at the table for family meals.
- Make sure the foods you give me are easy to eat. At first, my vegetables, fruits and meats will be smooth, without lumps. Then I can move on to food with lumps in it. As I get older and learn to chew, all my foods should be cut into small pieces, about pea-size.

**Microwave caution!**

- Foods often heat unevenly in a microwave. Always stir and check the temperature before feeding me.
- Let’s not share spoons—you can pass germs to me that cause cavities. Use your own spoon to test my food’s temperature.

**I love to eat!**

- I get excited when I’m hungry and it’s time to eat.
- I’m growing fast, so I have a good appetite most days.
- I love your company and support when you sit at meals with me.
- Set a good example for me. You are my role model.

**tips for feeding me**

- Offer me small servings. My stomach is little. 1-2 tablespoons is enough to start. I’ll decide how much my tummy will hold.
- Give me enough time to eat. Meal time will take longer as I learn to feed myself.
- Eat along with me. Let’s enjoy our time together. Talk to me, too. Your voice is my favorite sound in the world.
- Let me decide how much to eat. I will eat different amounts of food from day to day and meal to meal. Feed me healthy food and I’ll eat until I’m full.

**does this sound like me?**