



Feeding: What to Expect From Birth to 12 Months

What most children can do	What you can do	What children are learning
<p>(from birth)</p> <p>Show you when he is hungry or full by using his voice, face and actions such as turning away from the bottle when full or crying when hungry.</p>	<p>Respond to her signals:</p> <ul style="list-style-type: none"> • Feed babies when they show signs of being hungry. • Help them calm down so they can focus on eating. • Hold babies during feedings. Do not prop babies up. • Stop feeding when they show they are full. • Try to avoid feeding children every time they cry. A baby may not be hungry every time. She may just need comfort or some of your attention. 	<ul style="list-style-type: none"> • To trust you. • To become a good communicator. • That his parents are listening to him. • To know that his needs will be met. • That he is important to you: loved, respected, and fun to be with. • To eat and sleep in a predictable pattern. • To calm himself (with your help). • That milk (or food) is for nutrition, not for comfort.
<p>(starting at 6 months)</p> <p>Sit up.</p> <p>Learn to eat with his fingers.</p>	<ul style="list-style-type: none"> • Start using a high chair, if you and the parent agree to this. • Talk with parents about how they would like to introduce new foods. • Offer safe finger foods so babies can practice self-feeding. • Turn off the TV during mealtimes. This is a time for interacting and sharing. 	<ul style="list-style-type: none"> • To feed herself. • To decide how much to eat. • To learn about the tastes and textures she likes and doesn't like. • To focus on eating during mealtimes. • That eating and mealtimes are fun and feel good.