

Your jobs and your baby's jobs with starting solid foods

To feed your child, do your own jobs and help her to do her jobs.

- Your job is still determining *what* she is offered to eat. You are taking on the jobs of determining *when* and *where* she is offered food.
- Your baby's job is still to know, and show you, *how much* she wants to eat. She is taking on the job of deciding whether or not to eat the food you offer.

Start and progress solids based on what your baby can *do*, not how *old* she is. Give plenty of chances to learn, have fun, and keep it casual. Your child is just learning, and doesn't *have* to eat semi-solid food. Check yourself. Do you do your jobs with feeding and support your baby in doing her jobs?



You do your jobs and help her do hers

- ☐ Have her sit up straight in a high chair or on your lap.
- ☐ Sit right in front of her; have her face you.
- ☐ Hold the spoon so she can see it, not too close.
- ☐ Wait for her pay attention to the food and open her mouth.
- ☐ Let her decide whether or not to eat.
- ☐ Let her eat fast or slowly.
- ☐ Let her touch the food and feed herself.
- ☐ Smile and talk quietly, keep her company.
- ☐ Offer rejected food at many meals.
- ☐ Keep feeding until she shows she's done.

You don't help her do her jobs

- ☐ Have her lying back in an infant seat or on your lap.
- ☐ Sit at an angle so her neck is crooked.
- ☐ Put the spoon close to her lips.
- ☐ Force her lips open with the spoon; feed her when she isn't paying attention.
- ☐ Pressure or play games to get her to eat.
- ☐ Try to get her to speed up or slow down.
- ☐ Not let her touch the food or feed herself.
- ☐ Don't talk or smile. Be exciting or entertaining.
- ☐ Offer rejected food only once.
- ☐ Stop only when she fusses or when *you* think she has had enough.

