

Tips for happy mealtimes with your baby



Region of Waterloo
PUBLIC HEALTH

As your baby gets older...

As babies get older (6–12 months), they can eat more and go longer between feeding. Also, by now, they will want to eat more regularly than in the early months and you might begin to establish a regular feeding routine.

Even though the baby is now older, you are still responsible for what your baby eats and your baby is responsible for how much to eat. Keeping this in mind will make mealtimes easier for everyone.



Follow these tips for an enjoyable mealtime together:

- Allow your baby to take the lead. Wait for baby's mouth to open when you offer food.
- Feed your baby as quickly or as slowly as she wants.
- Trust your baby to know how much to eat—stop feeding when your baby shows signs of having enough. Never force a baby to eat.
- Do not worry if your baby does not like a food the first time you offer it. Try again another day (it may take up to 20 times before baby will eat a new food).
- Offer new foods along with foods the baby already likes to eat.
- Babies need to touch foods as they learn to eat. Be prepared for a mess!
- Help your older baby learn to feed herself—give your baby her own spoon to use. Be prepared for a mess! Once your baby gets tired of feeding him/herself, offer help to see if she is still hungry.

Eat with your baby and be a good role model.

Region of Waterloo Public Health

Healthy Children Info Line

519-883-2245