

Meal Time Ideas for your Baby

Communicate with your baby while they are eating. Talk, or sing to them, so they are being entertained and distracted.

Cut up some very soft foods, like pieces of a banana. Place food in front of your baby and encourage them to pick up the food with their fingers.

When it's time for your baby's feeding, tell them, "It's time to eat!" Try to say it each time they're going to eat.

Give your baby a non-breakable cup or a sippy cup to drink from. Encourage them to grasp the handles or to hold the cup with two hands.

Pour breast milk or formula into popsicle molds. Put them in the freezer. When it's frozen, give the "momsicle" to your baby.

Place mashed up food on your baby's highchair tray, or on a plastic plate in front of them. Let them explore the textures, tastes, and smells.

As you're cooking, bring some lightly scented foods to your baby's nose and tell them what they are.

If you're feeding your baby with utensils, animate them. For example, make the spoon an airplane or a train that is heading towards your baby's mouth!

Show your baby how you eat during meal times. For instance, spoon-feed yourself and encourage your baby to do the same.

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Songs to Sing to your Baby

Roll, Roll Sugar Babies

Roll, roll sugar babies. Roll, roll sugar babies.
Push and pull, and clap, clap, clap. (x2)
Roll up high and roll down low.
Roll real fast and roll real slow.
Roll, roll sugar babies. Roll, roll sugar babies.
Push and pull, and clap, clap, clap.

Acka Backa Soda Cracker

Acka backa soda cracker, acka backa boo.
Acka backa soda cracker, up goes you!
(Lift baby in the air)
Acka backa soda cracker, acka backa boo.
Acka backa soda cracker, I love you!
(Give your baby a squeeze)

Pat-a-Cake

Pat-a-cake, pat-a-cake, baker's man.
Bake me a cake as fast as you can.
Roll it, pat it, mark it with a "B",
and put it in the oven for baby and me!

Singing Tip!

Instead of saying baby or "B" in Pat-a-Cake, personalize with your baby's name and initial.