

Let them play with their food



As babies explore solid foods from about 6 to 12 months, what they like or don't like can change from one minute to the next. It's normal, but it's not always easy to manage.

Here are some tips to keep mealtime fun.



Embrace the mess!
Babies love to touch, taste, spit, spill. It's how they explore food. Plus it builds fine-motor skills.



Encourage exploration
Offer a healthy variety of tastes, colors, and textures.

10X

Try, try again!
Many babies need to try food 10 times before they accept it.



Breast milk or formula make a "balanced meal."
Breast milk or formula gives babies most of the nutrition they need. Skip the juice and sweet drinks, give your baby only breast milk or formula and sips of water to drink, and let them have fun with their food.

