

RESPONSIVE SPOON-FEEDING

Dos and Don'ts

DO

- ✓ Sit down next to your baby at eye level
- ✓ Preload the spoon with a small amount of puree
- ✓ Bring the spoon a few inches away from baby's mouth
- ✓ Wait for baby to wrap their lips around the spoon
- ✓ Wait for your baby to remove the food from the spoon
- ✓ Embrace the mess
- ✓ Let your baby lead the process
- ✓ Pay attention to and respond to your baby's cues
- ✓ Let your baby self-feed when they're ready

DON'T

- ✗ Feed forcefully
- ✗ Trick or distract your baby into taking the spoon
- ✗ Swipe the spoon upwards to pull it out of baby's mouth
- ✗ Wipe your baby's mouth with the spoon
- ✗ Overload the spoon
- ✗ Feed too quickly
- ✗ Stay stuck on spoon feeding for too long