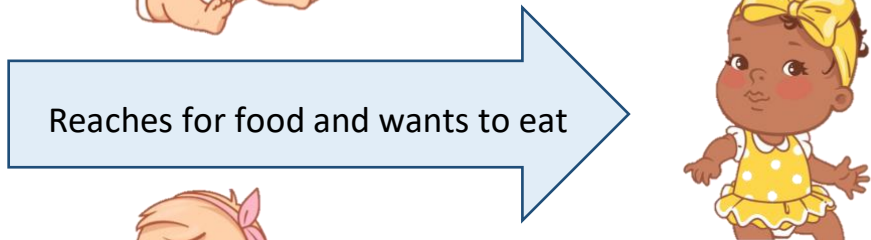
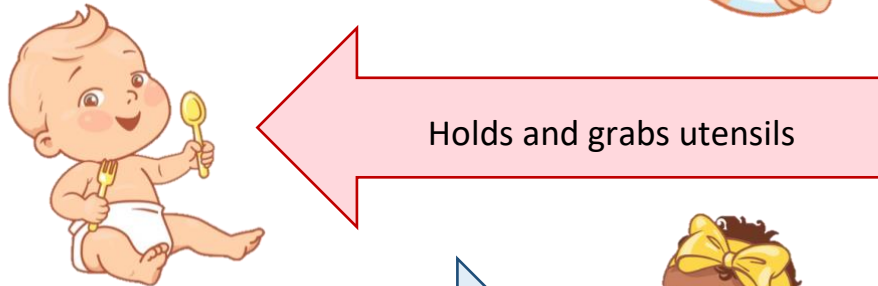
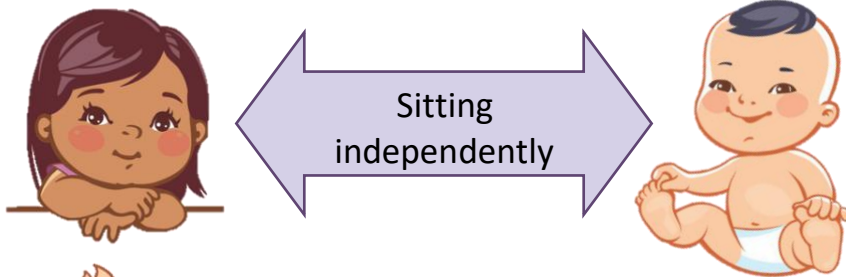


# table foods

## developmental readiness



It may take **dozens** of exposures for your child to show interest.



Infants typically show these developmental cues **around 12 months**

# soft table foods

Soft, cooked foods that are **easy to chew**  
cut into **bite-sized** pieces



This is the time to share favorite and traditional foods with your child! But, remember:



Avoid foods that pose a **high choking risk**:  
whole grapes, whole cherry tomatoes  
hotdogs, nuts, raisins, and popcorn.



Even if your child is mostly self-feeding,  
do not force them to finish served foods.  
Do not bribe, force, or trick into trying new foods.



Offer foods on a schedule:  
provide 3 meals and 2 snacks daily.  
Follow each meal with whole milk.  
**No dairy? Ask their PCP about alternatives.**

# home-make it



## 3-part plate 4 different ways

### 3 colors

(example)  
1 red food  
1 green food  
1 brown food

### 3 food groups

(example)  
1 fruit  
1 protein  
1 vegetable

### 3 textures

(example)  
1 puree  
1 crunchy  
1 soft

### 3 preferences

(example)  
1 favorite  
1 "maybe"  
1 new food

# apply it!



Have your child participate in the food preparation, cooking, assembly, and the mealtime process so they can explore and feel included.



Keep mealtime free from distractions (toys, games, TV, screens, phones) so that the focus is on food!



Use mealtimes to model positive eating behaviors and positive language around food and meals.

Let's face it! Mealtime behaviors can be hard!  
Just remember the division of responsibilities at meals.

Parents are in charge of:

WHAT is served  
WHEN it is served  
WHERE it is served  
HOW it is prepared

Kids are in charge of:

IF they eat the food  
HOW much they eat

QUESTIONS? Talk to your child's health care provider

More tips, recipes, and practice on the Pursuit app:  
Scan the QR code to jump right to the app.



Use our organization code:  
**BMCFMF**