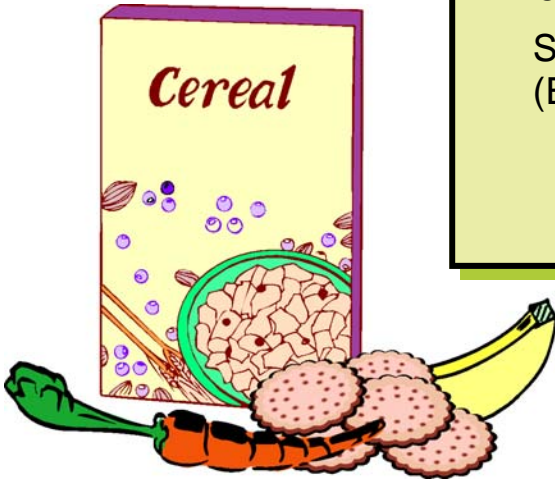


Munch It

Age: 8-18 months



What's needed

Soft, bite-size pieces of food appropriate for infants (Examples: Cheerios & Kix cereal, bananas, graham crackers, peas, cooked carrots, cooked apples, muffins, etc.) . Food should be soft enough that infants can't choke on it.

What to do

1. Put small amounts of food (three or four pieces at a time) on child's eating tray.
2. Stay close by and observe while child is eating so that you can help if needed.
3. Let child pick up food with her fingers and eat it.
4. Move food to an accessible spot if she gets stuck.
5. Amount and type of food can change as child's skills improve and as she gets older.
6. Much of the food may go on the floor and that's fine.
7. Have fun and encourage her to enjoy her new skills.

What children will learn

Practice grasping and letting go, small motor skills