

# Infant April 2019



## Parent Info:

Mealtime can be a messy and fun learning experience. Your child may have about 3 meals and 2 to 3 snacks everyday. Having a routine can help children know what to expect when it is time for meals or snacks. Here are some routines and tips for mealtime:

- Wash your child's hands before mealtime
- Sit your child in a safe place
- Strap your child into highchair or booster seat
- Watch your child at all times
- Face your child towards your family
- Limit distractions
- Talk with your children during mealtime
- Give your child healthy food options at each meal
- Let your child decide how much to eat. Your child does not have to finish all the food on the plate. Watch for signs that your child is full.
- Enjoy mealtime, it is at time to spend with family

Taken from: Center for Disease Control and Prevention

Mon	Tue	Wed	Thu	Fri
1 	2 	3 	4 	5 
8 	9 	10 	11 	12 
←..... Week of the Young Child .....→				
15 	16 	17 	18 	19 
22 	23 	24 	25 	26 
29 	30 			