

Tips For Making The Toddler's Mealtime More Streamlined



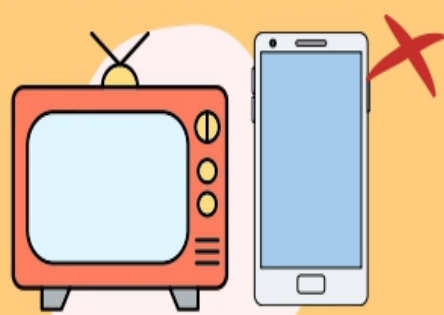
Introduce the baby to only one new food per week.



Offer new foods only when the child is in a relaxed mood.



Give the child the same or similar food the family eats for better acceptance.



Eliminate distractions such as phones, TV, and pets.



Sit with the toddler during mealtime to ensure their safety.



Talk to the baby, making mealtime more fun and immersive.



Allow the baby to touch the food, encouraging their exploration.



Let the child decide how much they want to eat.



Do not rush your child to consume their food quickly.



Eat at least one meal as a family, helping the baby learn table habits through observation.