

Tips To Note When Feeding A 15-Month-Old Baby



Try using creative shapes and food combinations to make meals more enjoyable for your toddler.

Their eating habits may change, so don't worry if they are fussy eaters.



Toddlers' appetites may slow down in the second year.

They may prefer smaller meals throughout the day and larger periods of exploration.



Don't force them to eat or judge them by how much they eat. Instead, focus on their overall health and development.

Help your toddler with feeding, but allow them to eat themselves, and don't worry about them being messy.

