



# 5 Simple Tips

To Support Your **Infant's** Social Emotional Health During



## Meal Time

- 1 Hold your baby while feeding.**  
*"I am going to feed you now Brayden. Mommy is going to find a comfortable spot for us."*
- 2 Look in their eyes and connect.**  
*"I see you looking at me Gabe, I love looking at you too."*
- 3 Talk and sing to your baby while feeding.**  
*"You like the orange carrots Calvin, I see that smile!"*
- 4 Consider breastfeeding.**  
*"Let's find a cozy spot for mommy to feed you Jeremiah."*
- 5 Notice signs from your baby that say, "I am done" or "I need more."**  
*"Kara you are turning your head away, I think you are all done eating."*

## You Are Your Child's First Teacher!

You and your baby can connect during mealtimes through cooing, singing and looking at each other. Babies love your face and voice. You help them to feel safe when you speak gently. When you know what your baby needs and react, for example by feeding them, it sends a message to your baby that their needs are important.

