

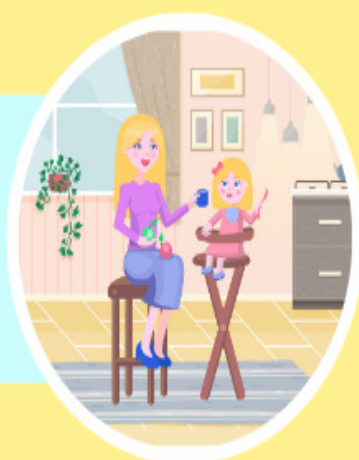
Creating A Healthy Feeding

Pattern For Infants



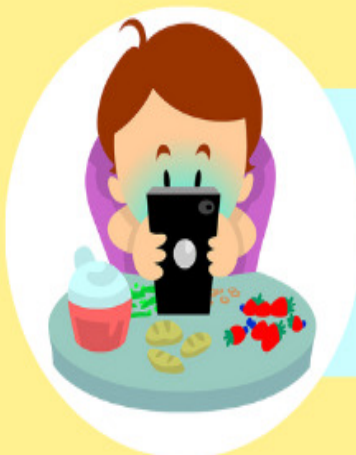
Space out meals throughout the day with a gap of three to four hours

Offer only water in between meals



Give them finger foods

Give small portions and let the child ask for more



Don't allow distractions during meals

Don't let them play with their food

