



# CHUBBY CHEEKS: MORE THAN JUST FAT

## Purpose Of Babies' Chubby Cheeks

Chubby cheeks are made of fat and muscle, which help:

Babies suck while breastfeeding or bottle-feeding



Keep a baby's tongue in its place

Trigger care-giving response in adults



## Caring For Babies' Cheeks

Wash the baby's face with lukewarm water for only a few minutes at a time



Use chemical-free, gentle soap

Apply an unscented moisturizer with gentle fingertip strokes



## References

- 1 Brown Adipose Tissue in the Buccal Fat Pad during Infancy; National Institutes of Health
- 2 On Cuteness: Unlocking the Parental Brain and Beyond; National Institutes of Health