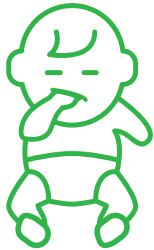


Responsive feeding sets your child up for a healthy relationship with food for life

- When feeding, make sure your child is comfortable and limit interruptions
- Watch for your child's signs of hunger or fullness
- Focus on being warm and loving during feeding time
- Stop feeding as soon as you see a sign of fullness

SIGNS OF HUNGER



Human milk or formula

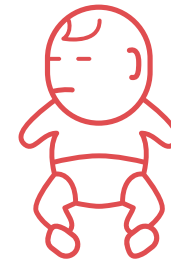
- Putting hand in mouth
- Sucking or rooting
- Fussing



Solid foods

- Leaning toward food and opening mouth
- Getting excited when seeing food
- Focusing on and following food with eyes

SIGNS OF FULLNESS



Human milk or formula

- Turning away
- Closing mouth
- Relaxing arms and hands
- Leaning back



Solid foods

- Spitting out or pushing food away
- Fidgeting or looking at other things
- Closing mouth when food is offered
- Turning head away from food
- Playing with food