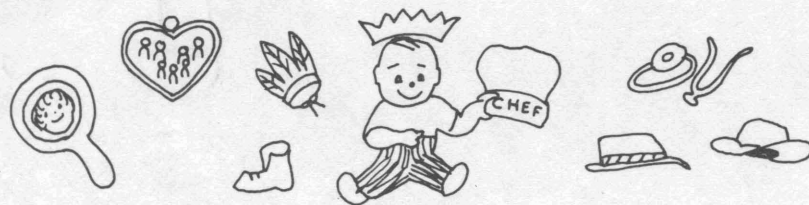


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BABIES ARE MIMICS

M

MIMICS. Even first-year babies react to examples set by parents and older children. They are accomplished mimics in only a few months. Any attitude expressed toward food should be a pleasant one. Never indicate or discuss a food dislike in front of a baby. This means you too, Dad.

I

I am in control. That means you (not the baby) are in control of the situation from the first feeding. This does not have to be done with a battle royal. Arguing with a little baby is childish. A calm, pleasant, gentle and patient firmness indicates parental maturity. Love and concern give your baby more security than having his own way.

M

MOST babies set up a rhythm of eating and sleeping in keeping with their needs. Big eaters usually space their meals farther apart, while other babies will want less food more often.

With a little give and take, both the baby and the rest of the family can settle down to a fairly regular schedule. You should recognize that babies have individual differences. A calm, flexible attitude toward needed adjustments is all it takes.

I

IF baby should dislike a certain food, there are several alternates in each food group with similar nutritive values. When your baby is old enough for a full food schedule, remember that no food is a must. He will need such essential nutrients as protein, carbohydrates, certain fats, vitamins and minerals. However, these nutrients are found in many different foods.

C

COME and get it. Most baby foods have flavors infants naturally like or quickly learn to like. It is helpful in keeping meals pleasant and in building good food acceptances to know the kinds of foods babies like. They quickly accept foods that are sweet, slightly sour and slightly salty. They turn down bitter, strongly sour or strongly salty foods.

Compiled by Frances L. Reasonover, foods and nutrition specialist, Texas Agricultural Extension Service, and Mrs. Sybil Stringer, County Home Demonstration Agent, Young County. 1971

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