When feeding your baby, use that time to tell them a story about something happy you remember from your childhood.

While preparing a meal, sit your baby safely in their highchair and talk about what you are cooking.

At mealtime, say the names of foods out loud as your baby eats.

Play with your food! Spread bite-sized pieces of food on the table to create shapes and pictures. Talk about it with your baby.

Show your baby different colored fruits and vegetables and let them interact with what interests them.

Turn on music and hold your baby as you gently dance around.

Get a picture book and let your baby lead as you narrate what they are looking at.

Identify food at the grocery store out loud, and read packages and signs to your baby.

When out for a walk, point out and read street signs to your baby.

Sing your baby a song by spelling out the letters of your favorite healthy foods.

While you prepare dinner, make up a song about what you are cooking.

Sing to ask your baby what they would like to eat, and give them time to respond.