



## Talk

- 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.
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## Read

- 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.
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## Play

- 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.
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## Sing

- 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.
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