

Babies learn and develop their skills best through play and as we all know eating a variety of healthy foods is a skill for life! Playing with food allows babies to play and explore using all their senses: touch, taste, smell and sight.



Try offering your little one whole fruits or vegetables to explore or cut them half.

Watch and wait to see how your baby reacts and to see what sense they use to explore.



What food you offer you baby will depend on their age and stage, Some other ideas to try:

- * Cooked spaghetti
- * Oats
- * Sugar free jelly
- * Baked beans
- * Yoghurt
- * Mashed potatoes

How can playing food support your baby's growth and learning...

- ◆ Food play introduces many flavours, textures, smells without expectation allowing the to make positive connections in these things
- ◆ Reaching, holding, squeezing, grasping, bringing hands to their mouth allow them to practice using the muscles they will need to pick things up, throw a ball and hold a pencil
- ◆ When we talk to baby's about what they are doing they start to build their understanding of the language we use: food names, colours, textures, patterns, and the things they are doing
- ◆ Babies develop their concentration and attention spans
- ◆ Make connections between their movements and how that effects the food they are exploring



Safety Notice!

Always supervise your little one when they explore food not only due to risk of choking, but also our babies find our relaxing presence reassuring when they play and explore.