

Use baby cereal to offer your baby a variety of textures

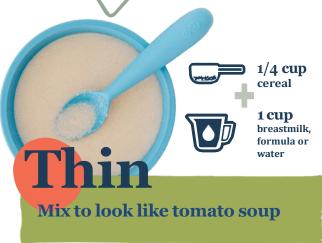
Offering a variety of textures helps baby develop eating skills:

Check it out!

- Baby cereal can be made with breastmilk, infant formula or water
- Always pour cereal amount in bowl first, close canister, and then add your liquid to the bowl
- Use different amounts of liquid to offer a variety of textures

Readiness cues:

- √ Good head control
- **√** Sits independently
- √ Brings objects to mouth
- ✓ Seems interested in food









Texture Tip:
Cereal +
Purees

Mix a tablespoon of baby cereal into baby food fruit and veggies purees to add a new texture to your baby's diet. Stir well!