

Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

Let Me Explore My Food by:

- Seeing it
- Touching it
- Smelling it
- Tasting it

This will make mealtime more fun!

Helpful hints...

- I like it best when you eat with me
- I need time to eat
- I need to try it over and over again before I know I like it!
- I will be messy but I'll get better with practice

