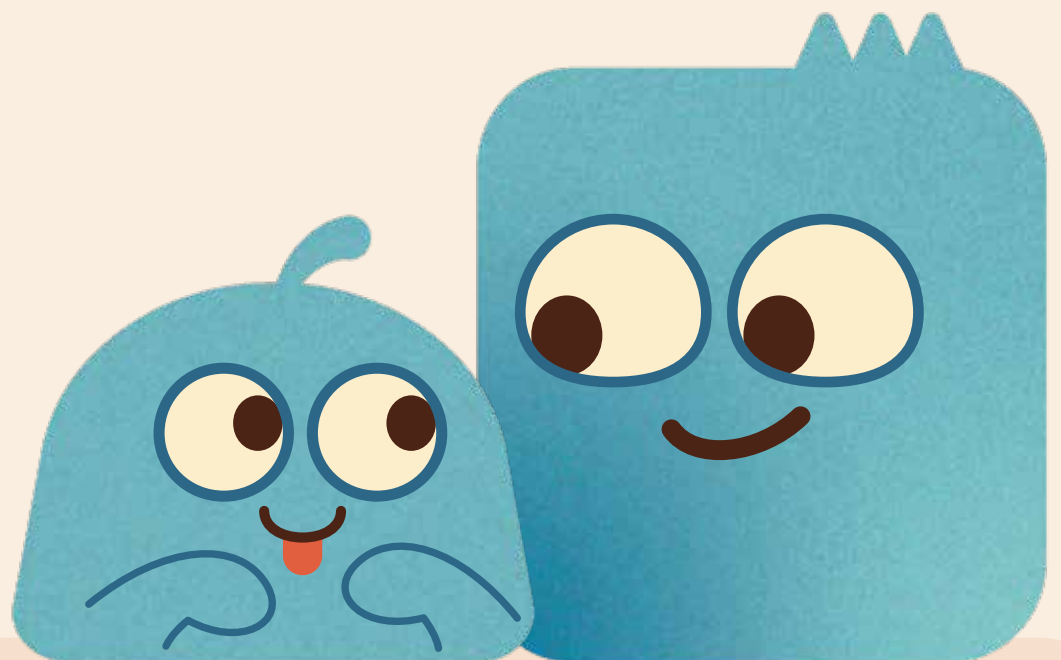




CHOP LOOK LISTEN



PREPARE THE FOOD RIGHT

Watch out
for high risk
foods!



Round



Hard



Sticky



Slippery



Cook it



Mash it

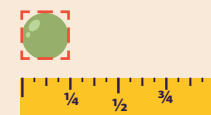


Chop it



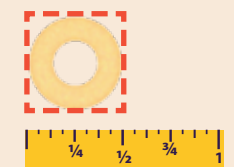
Infant

$\frac{1}{4}$ inch =
pea size



Toddler

$\frac{1}{2}$ inch =
Cheerio size



Pay attention to texture and shape. Size it right for their age and stage.

OBSERVE KIDS EATING



Stay
seated!



Take small
bites!

CHEW
CHEW
CHEW



Chew
fully!

[GULP]



Swallow before
speaking!

Watch
and teach!



SIT WITH KIDS AND ENGAGE



Mealtime is together time.
Your care makes all the difference.
Pay attention and connect with kids.

