



Mom, I'm Full

Notice your baby's natural movements and help a repeated action - such as pushing the plate away - become a meaningful way to say, "I'm full."

Helps Your Child Grow



Communicating and Speaking

When you notice and respond to your baby's gestures, they discover that an action can communicate a need and become more willing to express themselves.



Initiative and Curiosity

Giving your baby room to choose and respecting their attempts to communicate encourages them to initiate an interaction.



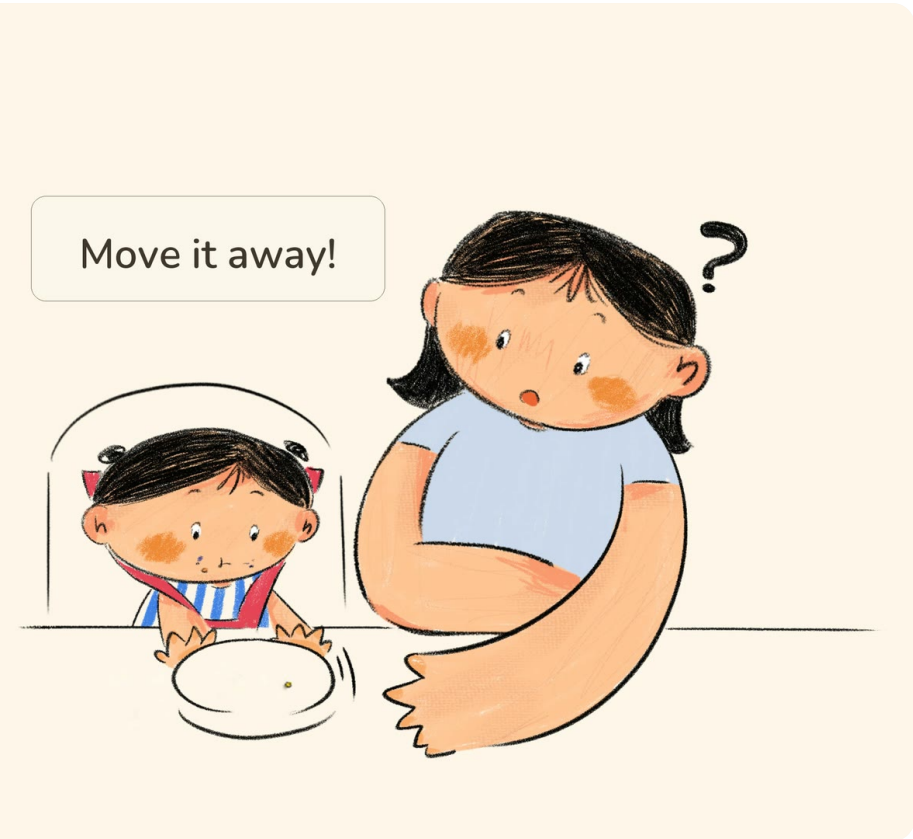
What You'll Need



No materials needed.

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Small Movements Can Speak

Your baby cannot say “I’m full” yet, so begin by noticing the small movements they already use. Near the end of a meal, they may push the plate away. This can be their way of showing that they do not want to continue.

Observations

- Tries to pick up a food they want
- Picks up a piece of food with their fingers

Tips

- During meals, give your baby room to pick up food, eat, and stop at their own pace.
- Every baby shows “I’m full” differently - by pushing the plate away, turning their head, or using another familiar signal. Notice the small actions your baby repeats.



Check What the Gesture Means

When your baby pushes the plate away, first check whether you understood. Gently return it to its place. If your baby pushes it away again or shakes their head, accept that they are finished and end the meal in response to their message.

Observations

- Uses a sound or movement to tell you they do not want more
- Looks at you after eating and waits for help with the high-chair buckle

Tips

- Put the action into words: “You pushed the plate away. You’re telling me that you’re full.”
- When you respond promptly, your baby begins to discover that this gesture helps you understand and may use it again next time.



A Gesture That Gets Heard

At a later meal, your baby may twist away when they do not want more food. Demonstrate pushing the plate forward and say, “When you’re full, you can push the plate away.” With repetition, your baby can begin using the gesture on their own.

Observations

- Pushes the plate away to show that they are full
- Reaches toward you when they want to be held

Tips

- Being understood and receiving a response supports skills related to #SE-RwA and encourages your baby to communicate more often.
- The gesture may differ from one baby or family to another. The learning pattern is the same: you notice the action, confirm the need, and respond.