



A Tasty Preview

Repeat the same mealtime sequence and watch your baby begin to anticipate what comes next.

Helps Your Child Grow



Memory

Experiencing the same short sequence before meals gives your baby repeated opportunities to remember familiar cues and anticipate what comes next.

Steps

- Keep the steps before solid-food meals in the same order so the sequence becomes familiar.
- Your baby cannot help prepare yet, but they can watch and participate in the routine.
- Place your baby in the high chair, put on the bib, bring out the spoon, and set down the food. When everything is ready, say, “Ready. Time to eat.”
- After repeating the routine over time, watch your baby closely before each meal. They may begin to anticipate the next step.
- Your baby might look toward the spoon when the bib appears or make an eager sound when you pick up the bowl.
- These visible responses can show that a familiar cue is bringing the coming meal to mind.

Tips

- Use the same short phrase, such as “Time to eat,” with the same order of actions to make the mealtime cues easier to recognize.

Observations

- Looks for the bib, spoon, or food as the meal routine begins
- Reaches for a piece of food and brings it toward their mouth