

Baby Bingo Discussion Guide

	Baby Bingo Statement	Discussion Point
1	Ouch! If I have a rash, runny nose, or vomiting, that may be a sign that I'm allergic to a new food. Please wait to feed it to me again.	Wait 2-3 days between new foods. This way, if a reaction develops, it will be easier to identify the food that caused it. Check with your doctor if you believe your baby has had an allergic reaction to a food.
2	If you don't like a certain food and call it yucky, I will learn from you and won't want to eat it either!	Your baby will pick up your attitudes about food quickly so if you don't like a certain food, don't let your baby know!
3	My tummy is full! Please don't force me to eat if I turn my head away, push the spoon away, or hold my mouth shut.	Don't make baby finish the bottle or jar. This teaches him early on to eat until it's gone instead of listening to his body, which can lead to weight issues later in life.
4	Practice makes perfect! Let me start using a cup at 6 months old so that we can throw away the bottle by the time I'm 1.	Wean baby from the bottle by 14 months of age. Extended use of the bottle can cause baby bottle tooth decay and often makes it harder to wean later on. Babies can breastfeed as long as mother and baby desire it. Choose a training cup that works well for the baby but avoid using sippy cups or "spill-proof" cups. Using a small plastic cup without a lid or a cup with a lid that is not spill-proof are options. When your child is drinking from a cup more easily, start offering a cup instead of a bottle regularly at one feeding a day. Wait at least several days before stopping another bottle-feeding. Gradually replace each bottle-feeding with a cup. Only offer juice in a cup, never a bottle. Give no more than 4 ounces of juice a day.
5	I'm getting the hang of eating! I can move food around in my mouth and am learning how to chew. Now let's try lumpy foods!	Babies need to start out on solid foods that are pureed to a thin and smooth texture. Then, as they're able to do more up-and-down chewing and can move the food from side-to-side in their mouths with their tongue, the texture can progress from pureed to mashed, then to ground, and then to diced. When an infant is able to handle ground food, it is time to offer finger foods.
6	I'm ready to feed myself! I like to practice with finger foods like toast, soft fruit, cooked veggies, and crackers.	When an infant is able to handle ground food, it is time to offer finger foods. Cut foods in narrow strips and avoid offering anything slippery, smooth, hard or sticky. Always watch baby during feeding times.
7	I can sit up, hold my head steady and I'm not pushing food out on my chin anymore. I'm ready for solids!	Foods introduced too early offer little benefit and put an infant at risk, while foods offered too late may result in nutritional deficiencies and/or food aversions. Wait to offer solids until an infant is developmentally and physiologically ready.

8	Let's wait until I'm around 6 months old to start solids. Starting too early puts me at higher risk for allergies and choking.	Feeding solids too early, especially 4 months and younger, puts the baby at risk for a number of problems such as high risk of choking, low nutrient intake, higher risk of allergic reactions, and obesity.
9	I will give you signs that I am ready for new foods and textures but I count on you to choose the ones that match my skills.	The key is to watch your baby's signs of readiness and then offer foods and textures that match the infant's skills. If your baby is doing very well with the foods you're offering and is showing signs that she is interested in more advanced foods, offer a small amount with close supervision and see how she does. Progress slowly and move at your own pace. Every baby is different and yours may be ready for new foods at different times than other babies her same age. If you are concerned with your baby's development, talk to your baby's doctor.
10	So many options! My first foods can be anything - grains, veggies, meats or fruits - as long as they're thin enough for me to handle.	It used to be recommended to offer fortified baby cereal first, then vegetables, saving fruits and other sweet things for last so that baby wouldn't develop a preference for sweets over other foods. This idea has been disproven. Many people still start with iron-fortified baby cereal for the iron content, but you can offer anything (meats, veggies, etc.) as long as it's a thin enough for baby to handle. Foods high in iron, like meats and fortified cereals are especially important first foods for breastfed babies.
11	Let's wait 2-3 days between new foods to make sure I'm not allergic.	The AAP recommendation used to be 5-7 days but it has now been changed to 2-3 days.
12	Moo moo, no thank you! No cow's milk for me until I'm 1 year old.	Baby will be getting the bulk of her nutrition from breastmilk or formula until she turns 1, so it's important to make sure she continues to get it until then. Introducing cow's milk before baby turns one year old can lead to allergic reaction, gastrointestinal bleeding and can interfere with iron absorption.
13	Always feed me with a spoon. I like to start small with new foods so I can learn about their taste and feel in my mouth.	All baby food/cereal should be offered to a baby who is new to eating with a spoon. As they get older and more coordinated, they can try finger feeding, but NEVER put foods in the bottle or infant feeder.
14	Eww, germs! Keep them away from me by washing your hands, my hands, and anything that touches my food.	To prevent passing along bacteria, parents should also avoid sharing eating utensils or pre-chewing food before giving it to baby.
15	Look at me! When I'm eating, this will help you make sure I'm not spitting my food out or choking.	Face the baby during the feeding to maintain eye contact and make sure the baby is swallowing the food and not choking or spitting it out. This is important not only for infants, but older babies and toddlers as well.
16	It's okay that I'm a messy eater. Let's pick a time to eat when we can both relax and enjoy our time together.	It is ok to let your baby play with a new food. Let him touch, smell and even spit out a new food. This is how they learn about new foods. Be patient and let your baby make a mess when learning how to eat.

17	I need good foods to grow healthy and strong! Foods like fries, hot dogs, sweetened drinks and baby desserts are not good for me!	Fruits, vegetables, grains and meats are best for your baby. Parents should avoid feeding high-fat, salty, or sweet foods like French fries, chips, hot dogs, sausage, bacon, candies, chocolate, cakes cookies, sweetened or caffeinated drinks or other empty-calorie foods. Even baby food desserts aren't recommended since they are full of sugar and calories.
18	Protect my teeth! Please don't let me sip all day long on juice or any beverage other than water.	Avoid offering fruit juice in a bottle or spill-proof cup that can easily be carried around by the infant. Juice should only be offered in a cup while sitting down at the table.
19	All of these new foods taste so good! No need to add any salt, sugar, sauces or seasonings. I like my foods just as they are.	Adding these things to baby's food early on can cause the baby to grow accustomed to or prefer the sweet/salty flavors which add extra sodium and calories. Allow baby to learn about the tastes/smells of the foods themselves. Offer foods plain. Thin cereal with breastmilk or formula. Mix purees with water to get the right consistency.
20	Whoa, what was that? It may take me a while to get used to new foods. It might take 10-15 tries before I like something.	It can take as many as 10 to 15 tries before a baby may accept a new flavor or food. It is important for parents to continue offering it even after baby has refused the food in the past. Do not assume that if baby turns down a food once or twice that he does not like it. He may still be interested in trying it again later.
21	I'm still learning and could choke on foods like grapes, nuts, and popcorn. Let's avoid those until I'm a little older, ok?	Texture, size, and shape are all the factors to consider when feeding an infant. Smooth, slippery foods like grapes and candy are especially hard to control in the mouth and can slip into an infant's airway. If a food cannot be easily chopped or sliced into smaller pieces then you shouldn't give it to a baby.
22	My body is not ready to protect me from getting sick so do not feed me raw or undercooked meat or eggs.	Avoid feeding foods that may contain toxins and other harmful substances. This includes raw or undercooked meat, fish or poultry, or egg; unpasteurized juice, or honey.
23	I'm 1! I feel like a big kid now since I can feed myself, and I like to eat a lot of the same foods the rest of the family else eats.	By 12 months of age, most babies can feed themselves small pieces of table food and enjoy many of the same foods that other family members eat. Now that baby is 1, he can get the big kid food package from WIC that includes those table foods he's ready for. WIC is here to provide healthy foods for him all the way until he is 5, to help get him ready for kindergarten.
24	Sometimes I like to play with my food. I love to touch it, smell how yummy it is or even spit it out. That's how I learn!	Babies learn a lot about new foods by playing with them. They learn how they feel, taste, smell, even the sounds they make when they hit the floor. It's good to let them explore this way as often as possible and be prepared for a little extra mess in the process.