

yummm or ummmm

handy hints to tell if your little one loves a taste, or not.....yet

keep trying,
it can take up to 8 tries
to like a new food



spot these yummy-isms

- ★ Holding on to high-chair tight with excitement (around 6m)
- ★ Chewing fingers + bib (around 6m)
- ★ Getting busy + messy (under 2)
- ★ Clapping hands
- ★ Excited shrieks
- ★ Spoon + finger licking
- ★ Leaning forwards for foods + spoon
- ★ Opening mouth wide
- ★ Saying yummy (18m+)
- ★ Making up fun names for meals (2+)

signs that your little one is loving it!

not for them today

- ★ Turning head + body away
- ★ Throwing spoon + food on the floor
- ★ Crying
- ★ Saying 'yuck' (18m+)
- ★ Picking + pushing food around
- ★ Using excuses – e.g. 'it's too hot'
- ★ Demanding other foods e.g. snacks (2+)



signs to try again another day

