

LET'S TALK ABOUT MESSY EATING!

It's all part of growing up!

Your little one is on an exciting journey from fingers to forks - it's perfectly normal! Think of it like learning to walk - there will be wobbles and spills along the way. When they squish, drop, and play with food, they're actually learning about their world.



HIDDEN BENEFITS

Those messy hands are becoming stronger and more coordinated. Every squish and splash helps them understand textures, shapes and even gravity!

PARENT-FRIENDLY TIPS TO MAKE MEALTIMES EASIER

1. Make Food Easy to Handle



- Cut food into finger-sized pieces
- Let those little hands explore - spoons can come later!



2. Catch Them Being Good

"Wow! That banana went straight into your mouth!"

Celebrate those mess-free moments

3. Smart Setup

- Pop some newspaper under the highchair (it's a game changer!)
- Keep a bib handy
- Have a washcloth ready for quick clean-ups
- Maybe save that fancy white outfit for another time



4. Create Happy Mealtimes

- Let them be your little helper with setting the table
- Eat together when you can - they love copying you!
- Take a deep breath and remember: this phase won't last forever



*Tip: Keep this guide on your fridge for those moments when you need a reminder that it's all normal!