Responsive Feeding: Quick Guide for Parents

“You provide, your child decides”

What is responsive feeding?
- Listening and letting your baby tell you when they are hungry or full

TIPS:
- Watch for baby’s cues
- Respond warmly and promptly (this makes baby feel secure and builds trust)
- Feed baby the right food for age and stage
- Let baby stop eating when full
- Focus on being affectionate and nurturing during mealtimes

How to tell when baby is hungry…

**Baby:**
- Moves hands to mouth or put things in mouth
- Makes sucking noises or motions
- clenches fingers or fists over chest and tummy
- flexes arms and legs
- leans toward food and opens mouth gets excited when they see food
- focus on and follows food with eyes
- cries (last feeding cue!)

How to tell when baby is full…

**Baby:**
- starts and stops feeding often
- spits out or ignores the bottle or breast or food
- unlatches often while breastfeeding
- closes mouth or turn head away
- fidgets or get distracted easily
- slows down or falls asleep
- plays with food

What does baby learn by responsive feeding?
- Healthy eating habits
- Hunger and fullness body cues
- Stronger bond with family
- Meal times can be fun, happy times

Video Examples of Responsive Feeding and Tips:

American Academy of Pediatrics:
https://www.youtube.com/watch?v=Fo4sO4QHO0Q
1,000 Days:
https://www.youtube.com/watch?v=CCaR8n0Qwk0
Examples of Hunger Cues:
https://www.youtube.com/watch?v=cuHbGAXoMgg
Examples of Fullness Cues:
https://www.youtube.com/watch?v=7ZaTu3lmFe8

The first 2 years of your child’s life are the most important for creating healthy habits!

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