

# Finger Foods - Bring Your Baby to the Table

ISBN 978-1-942530-18-3 English

ISBN 978-1-942530-19-0 Spanish

This lesson plan is provided in two different learner-centered education methods - facilitated group discussion and individual counseling.



## Individual Counseling:

Individual counseling is a learner-centered approach that focuses on the learners' needs and involves the learner in decision making and problem solving, and can be provided via a bulletin board, display or individual counseling session.

**Target Audience:** families with babies and toddlers ages 0 to 18 months (*this lesson plan will also work with pregnant women*)

## Goals:

This session is offered to encourage self feeding by infants and toddlers by:

- providing instruction to families on how to prepare finger foods for 8 month old babies to 18 month old toddlers.
- encouraging families to use table foods when making finger foods for their older babies and toddlers.
- introducing new fruits, vegetables and protein foods to babies and toddlers.

## Learning Objectives:

- The participant will state how and when to introduce finger foods to their baby.
- The participant will name 1 or more finger foods he or she could make for their baby or toddler.

**Time:** 5 to 7 minutes; time depends upon the amount of discussion with the participant.

## Procedure:

### Set-up:

- Table with bulletin board, flip chart, binder of paper or box. Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "Finger Foods - bring your baby to the table."
- Statement written on the bulletin board, flip chart, binder of paper, or box - "Name a finger food to offer your baby or toddler"

### Materials:

- Finger Foods books
- Some soft fruits or vegetables cut up into finger foods

### Methods for sharing participants' ideas (choose one):

- Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers.
- Binder of white paper that participants can write their ideas on and pens.
- Box for ideas, small cards and pens.



### **Optional ideas:**

- Pictures of babies and toddlers eating finger foods to post on bulletin board or flip chart.
- Prepare a recipe from the Finger Foods book and give samples for taste testing.
- Put together a cost comparison between commercially prepared finger foods and homemade finger foods.

### **Key Content Points:**

- It's easy and cost effective to make finger foods for my baby or toddler.
- Finger foods are my baby's first step to learn self feeding.
- Finger foods are a fun way to introduce foods to my baby or toddler.

## **Lesson Overview:**

### **1) Welcome**

- Introduction of self and session - *"Hi, my name is Carol and today we're going to talk about finger foods for babies and toddlers. How old is your baby or toddler? Has your baby eaten any finger foods yet? If yes, what kind?"*
- Let the participant share the age of their baby and any experiences their baby has had eating finger foods.

### **2) Finger food guidelines**

- Give the Finger Foods book to the participant.
- Discuss the index - *"this book has 3 sections - first finger foods for 8 to 10 months; new tastes and textures for the 9 to 12 month old baby; and mealtime finger foods for the 11 to 18 month old toddler."*
- Ask the participant to turn to page 2 and discuss how to tell if a baby is ready for finger foods and how to safely introduce foods.
- Turn to page 3 and discuss how and when a baby learns self feeding skills. Emphasize that finger foods are a baby's first step to learn self feeding.
- Ask the participant if he or she has any questions or concerns when introducing finger foods to their baby or toddler. Discuss questions and concerns with the participant.

### **3) Finger food ideas**

- Ask the participant to look through the book and choose a finger food idea he or she would like to try with their baby or toddler.
- Ask the participant, *"What finger foods would you like to offer your baby?"*
- Ask participant to write their idea in the binder, or a small card that can be pinned to the bulletin board, flip chart or placed in the box.
- Give the participant time to look through and see the ideas that other participants have written.

**Evaluation:** Participants will state 1 or more finger food ideas that he or she will prepare at home.