



# HOW TO FEED YOUR CHEEKY MONKEY

by Jane Clarke and Georgie Birkett



**Cheeky Little Monkey wants something to eat. Pop her in the highchair and grab her favourite treat...**

Share this book about mealtimes with your little one as you explore daily routines in everyday life.

## Weaning and baby foods: What can my baby eat and when?

Every baby is different and just because your friend's child is munching on solids, doesn't necessarily mean your baby is ready.

The NHS recommends waiting to wean until around six months.

There are signs that can help you decide whether your baby is ready for food. Waking up at night or demanding more milk

might just mean they're going through a growth spurt, but look out for other indications like:

- Are they showing an interest in you or others eating?
- Can your baby sit in a seated position and hold their head up?
- Do they like to put toys and other objects like plastic spoons in their mouth?



- [www.bbc.co.uk/tiny-happy-people/weaning-baby-foods-what-can-baby-eat/z4xfpg8](http://www.bbc.co.uk/tiny-happy-people/weaning-baby-foods-what-can-baby-eat/z4xfpg8)
- [www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning](http://www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning)

## Ready, Steady, Go!



'Ready, steady, go' games are great for building your baby's anticipation skills. They are engaging and useful for getting children to practise listening to your voice. Playing 'ready, steady, go' can be built into some of your daily routines. It gets children used to taking turns, which is a key skill for communication as children begin learning to talk.

[www.bbc.co.uk/tiny-happy-people/ready-steady-go/znq6kmn](http://www.bbc.co.uk/tiny-happy-people/ready-steady-go/znq6kmn)

## Bananas Unite



Say this rhyme to your baby. Hold them face to face and let them see the actions you are doing.

**Bananas unite!** (put hands together over head)

**Bananas split!** (bring hands down to the side)

**Go bananas, go, go, bananas!** (wave arms about)

**Go bananas, go, go, bananas!**

**Bananas to the left,** (jump to the left)

**bananas to the right.** (jump to the right)

**Peel your banana and** (mime peeling and eating banana) **mmmmm! Take a bite.**



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