



## **Trying new baby foods**

### **Don't give up on giving veggies!**

So let's talk numbers. In one study research found that over 70% of babies, aged 6 to 10 months, accepted previously disliked vegetables when they were offered at least 8 times. Parents tend to give up earlier than that and often only offer disliked foods 3 times. When [introducing new foods](#) to your baby, continue to offer the less-liked foods, even after they have rejected them. It may take up to 10 tries, but eventually they will become familiar foods and your little one just may grow to love them.

## **Flavors in breastmilk**

If your Sitter has been breastfed, he's been learning about food variety all along. Some of the foods you eat have flavors that easily find their way into your breastmilk, exposing your baby to new tastes at a very early age. Because of this, breastfed babies tend to adapt more quickly to new foods than formula fed babies. So if you're breastfeeding, try to eat a varied diet to help your little one develop a taste for many different foods.

## **Be a healthy role model**

Your baby's taste preference, in many ways, will be a reflection of how the whole family eats. When introducing new foods to your baby, keep in mind that he's watching your facial expressions as you take a bite and gets the idea if something is yummy or not. Making meals a positive experience is also important to developing healthy eating habits, and leaving spinach on your plate with a negative expression can send the wrong message.