



FEEDING REWARDS CHART

This rewards chart has been crafted to motivate and excite your baby during feeding time. Add a sticker after each successful meal along the designated path.



And you're off! Place your first sticker on this icon to start your journey..



Whoo hoo! Your Little Grubber just finished 7 successful meals! Time for a mini reward! Maybe a yummy snack?



Yay! Time to celebrate! 28 successful meal times! Your Little Grubber earned a BIG PRIZE! Maybe a fun experience?

The Feeding Rewards Chart is designed to make mealtime more enjoyable and fun for both parents and babies. This motivational tool encourages positive feeding behaviors and creates a rewarding experience during meals. Engage with your baby and, if they are old enough, encourage them to place the stickers on the chart themselves. Always supervise your baby during meals to ensure their safety and consult with a pediatrician or feeding specialist if you have any concerns about your baby's feeding habits or nutritional intake. The chart should be used in combination with positive reinforcement and healthy feeding practices, making mealtime a fun and bonding experience.

Little GRUBBERS

"Let's make
mealtime fun!
Ready. Set. Roarrrr!"
growled Ezi the Tiger.

Start
Here
↓

"You're doing a great job!
Keep on Moo-ving!"
shouted Novi the Cow.

"**Quack! Quack!**
We're so proud of you!"
said Ari the Duck.

"You're a superstar!
Woof! Woof! Woof!"
barked Phi the Dog.

YAY



DAILY

FEEDING TIPS

RELEASE ANXIETY

Your baby feeds off your energy! Help your child relax before mealtime. Get them involved with you in the preparation of the meal.

MAKE SURE THEY'RE HUNGRY

Pay attention to your child's cues for hunger signs. Make sure your child has an appetite and ready to eat when food is presented.

SERVE PROPER PORTION SIZES

Too much food on your child's plate can be visually overwhelming. A good rule of thumb is to serve 1 tablespoon of each food group for each year of their life.

MAKE BALANCED MEALS

Follow the AAP guidelines to build a healthy appetite that includes protein, vegetables, fruits, whole grain, and dairy.

MAKE IT FUN & SOCIAL

Participate in mealtime with your child as you are their model. Keep them engaged and entertained by using positive reinforcements.

USE THE RIGHT UTENSIL

Make sure their utensil is developmentally appropriate, motivating, durable, and functional. Check our website for awesome utensils!