

Feel the Food

Instructions:

1. After feeding your baby, take the remaining baby food and place it on your baby's hand.
2. Encourage baby to rub the food all over his/her hand.

How to extend activity:

When the baby is able, allow the baby to try and feed themselves with their spoon. It may get messy, but that's kind of that point.

Materials:

- Leftover baby food



What they learn:

- Playing with food helps your baby build their brain.
- Playing with food builds sensory development.