

How to Feed a Baby

Follow these simple steps to ensure your baby is well-fed and happy!

What you need:

- a highchair
- a bib
- baby food
- a bowl
- a spoon
- a microwave (optional)
- a cup of water or juice
- a clean cloth or towel

What to do:

1. Firstly, place the baby gently in the highchair and fasten their harness.
2. When in the highchair, put the bib around the baby's neck.
3. Next, pour the baby food carefully into the bowl. If the baby likes it warm, heat the food gently in a microwave.
4. Now, feed your baby small spoonfuls of the food.
5. Remember to give the baby sips of their water or juice frequently.
6. After they have finished their meal, wipe up any spills and dribbles with the clean cloth or towel.

The baby should now be content and possibly ready for a sleep or maybe a nappy change.