

## Tip for Babies – “One for me, one for you”

by Barbara Burrows

**D**eveloping positive eating habits starts in infancy. Bruno Bettelheim, in “A Good Enough Parent” tells of helping babies develop positive feelings about their food and about eating. He explains that playing with his food is very important to the infant. “Through handling it becomes familiar to the infant; it becomes truly his food. The more he mashes it, the safer it feels and the more pleasant to ingest.” (P 239)

Dr. Bettelheim goes on to talk about the importance of mothers letting their babies feed themselves, particularly when the baby is learning to eat with a spoon. When mothers are spoon-feeding babies, the baby is the passive recipient of the food. When the baby reaches for the spoon and wants to put the food into his mother’s mouth, he is turning his passive experience of receiving food into an active experience of giving food.

If mothers can accept and enjoy this “gift” of food from their babies, and can go along with the playful switching roles from feeding to being fed, mealtime can be a time of happy and tender loving feelings for the baby. When mothers resist the baby’s desire to “have a turn” at feeding, or hold the baby’s hands to keep them from getting into the food, the baby can feel over-powered and this can lead to the baby’s refusing to be fed and the begin-

ning of a power struggle.

Of course, permitting babies this freedom with food is a messy affair, and mothers cannot make mealtime happy for babies if they themselves feel unhappy. Finding a way to keep the baby’s mess contained so clean up is a simple task is important. One mother spoke of feeding her baby while he was wearing only diapers and ending mealtime with a quick bath in the kitchen sink.

Another had a high chair that was easily moved to the patio, so she fed her baby outside whenever weather permitted, and cleaned up spilled food in seconds with the hose. A plastic sheet under the high chair is always a good idea for baby meals in the house. ♡

**The more he mashes it, the safer it feels and the more pleasant to ingest**



A Village Festival Celebrating Life on the Credit River

Why don't you bring MOM to Riverfest?

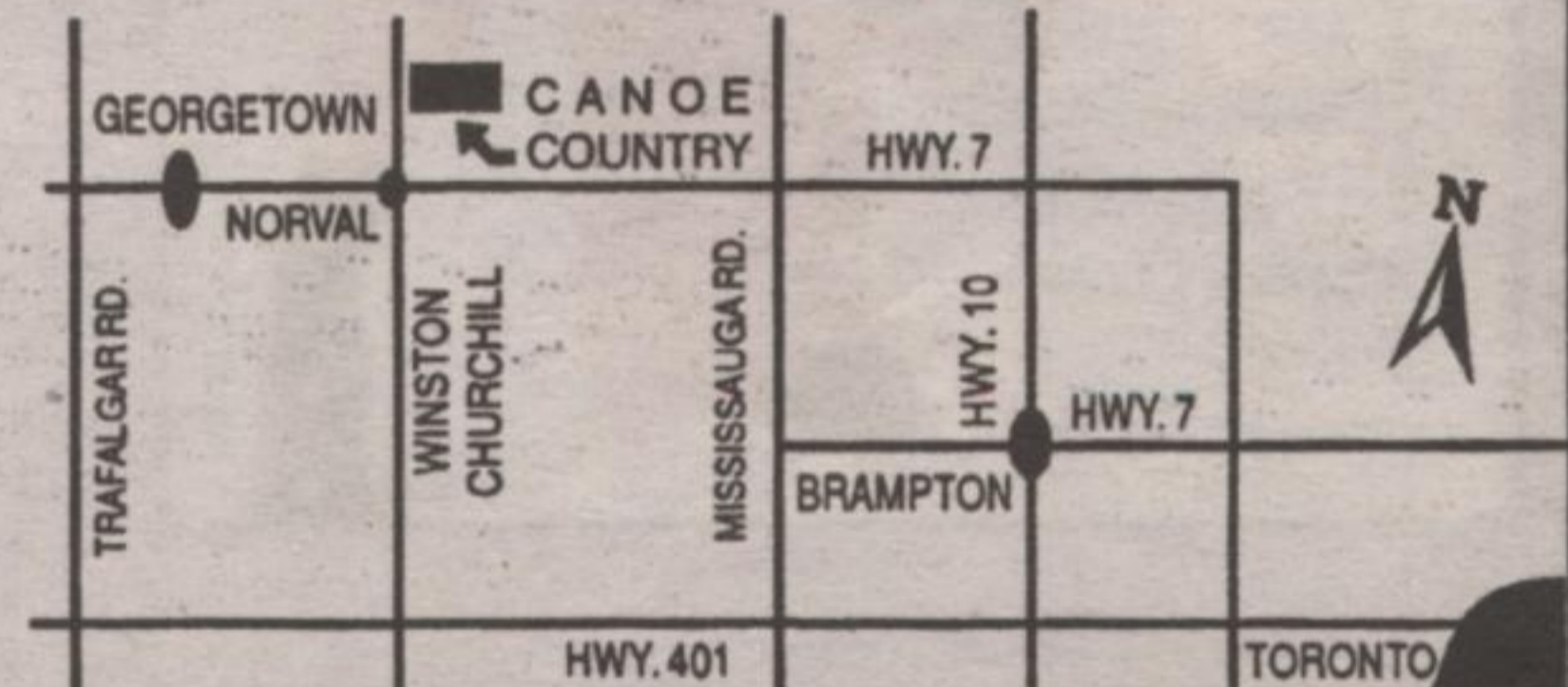


Village of Norval - Sunday, May 13  
10:00 AM. to 5:00 PM.

Treat Mom to some of life's simple pleasures. There will be horse & carriage rides, a chicken barbecue & live music. Families can picnic in McNab Park, take walks along the river, meet authors, artists, local hiking & outdoor clubs or participate in many of the activities planned on the banks of the Credit River. Join Us!

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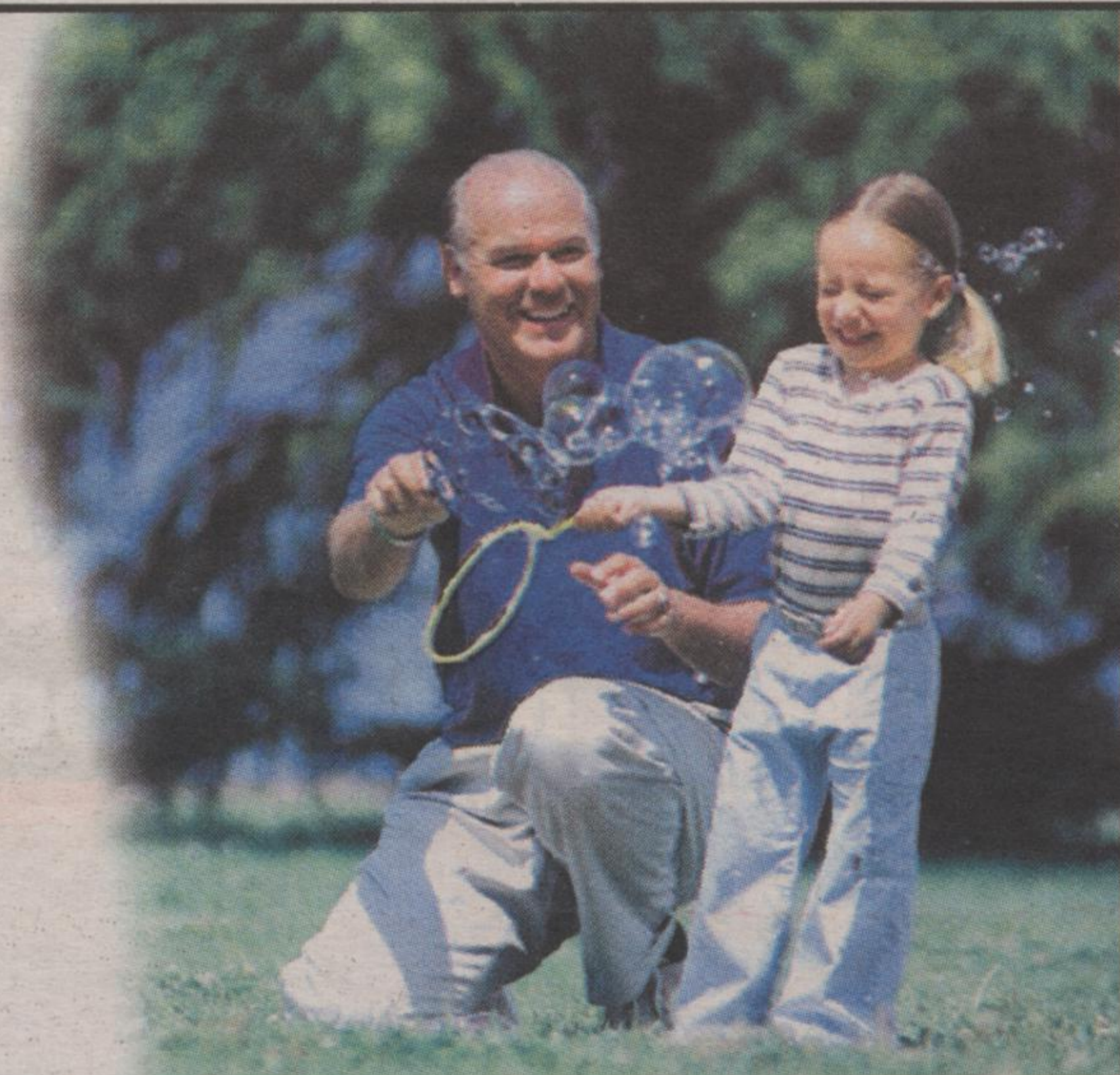
Riverfest  
Activity Details  
[www.canoe-country.com](http://www.canoe-country.com)



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