

TOP 3 TIPS

TO HELP WITH GAGGING

FOR PUREES AND TABLE FOOD

1

Let your baby be in control! Encourage self-feeding with fingers, utensils, or feeding tools. If she puts the food in her mouth on her own, she is much less likely to gag or mismanage it. This is true for both purees and table foods.

2

Know the difference between gagging and choking! If your baby gags, react calmly and help her through it by offering verbal encouragement and modeling. If you react with fear instead, she will learn that eating is scary and is more likely to continue to struggle.

3

Try offering a silicone feeder filled with fresh foods from your plate! If your baby is struggling to manage table foods or doesn't seem to like purees, help her practice chewing in a way that is safe and eliminates some of the anxiety for both of you! This is a great way to offer foods from the family meal while you model chewing, and gives baby an opportunity to explore the same food safely.

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