

## Touching Hearts Touching Minds Handout #3 Teaching Colors (Infant Feeding 6-8 Months) Counseling Tool

### What is the key message?

- Introduce fruits and vegetables to baby a few weeks after baby adjusts to cereal.

### Who should receive this message?

- Parents of babies less than six months old.

### How can this message be used?

#### Open:

*Advance preparation: Gather sample paint chip cards from a paint/hardware store. Select a rainbow of colors, or cut multi-colored construction paper into 3 X 5 inch cards.*

#### Ask parents to:

- Pick a color that says something about how you feel about eating vegetables. (Allow less than a minute for their selection. You want them to feel rushed so they project their feelings into the color and they don't have time to rationalize their responses.)
- Next, pick a color that says something about how you feel about eating fruit? (Share responses.)
- How do you want *your child* to feel about eating fruits and vegetables?

#### Dig:

- What successes have you had getting your other child to try vegetables? (Skip this question if parent has no other children.)
- What can parents do to make babies—and children—love vegetables and fruit?
- How can your child have even healthier eating habits than you? Sample responses:
  - Offer fruits and vegetables often.
  - Eat them often so your child sees that you enjoy them.
  - Experiment until you find veggies and fruits that you do like or fun ways of eating them.



- Don't stop serving them if your child appears to dislike them. (Babies who spit out food may just be playful, not expressing preference. It often takes 10-15 exposures for a child to accept a new food.)

**Connect:**

- How would *your life and health* be better if you loved fruits and vegetables?
- How would you feel about yourself? Sample responses:
  - Maintain a healthy weight.
  - Feel more in control.
  - Feel proud that you are taking care of your body.
  - Feel confident that you are providing a good example for your children.
  - Feel you are doing the best you can to protect future health.
  - Enjoy smooth skin, shiny hair and a slim body.
- How will *your child's* life be better if they learn to love fruits and vegetables now?
- How will you feel if your child learns to love fruits and vegetables?

**Act:**

- What fruit or vegetable will you try this week?
- What fruit or vegetable do you plan to offer first?
- What are you excited for your baby to eat?

