Serve & Return

Feeding and Eating

Filming Interactions to Nurture Development

Eating well helps young children be healthy and strong. But mealtimes are about more than just food—they’re also a great opportunity to connect with your child and help them learn.

How does your child serve to show you he or she is hungry?
Babies serve by sucking, moving their lips, squirming, stretching and moving. A toddler might come to you, ask for food, show interest in food or hold up a bottle or cup. By noticing these early signs of hunger, you can sometimes avoid later signals like crying and fussing.

What does Serve & Return look like during mealtimes?
Your child might serve to show they’re interested in a particular food or that something else has caught their attention. Once you’ve noticed their serve, you might return with support, encouragement or naming and keep the interaction going back and forth!

How does your child show they are full or all done eating?
Babies might close their lips, turn their head away, or spit out their food or the nipple. Both babies and children tend to slow down or stop eating when they’re full. They may also show increased interest in what’s going on around them.

Serve & Return during mealtimes can help your child develop healthy eating habits. It also strengthens your relationship, builds their brain and promotes important skills like self-regulation.

Website: https://www.thefindprogram.org/