

Provider Tip of the Week

March 16, 2022

Independent Feeding

Learning to feed themselves is important for babies' regulation and fine motor skills. Being able to stop when they're done allows babies to control how much they eat – and learn their bodies' own signs of fullness. Feeding can exercise the small muscles in a baby's hand and assist in learning the pincer grasp – a preliteracy skill that facilitates writing. Whenever possible and safe, encourage families to allow babies to feed themselves. While it may be messy, it's an important practice that extends beyond nutrition.

See this video for an example from the well child visits: [Independent Feeding](#)



Watch the Video!



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