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Steps to Safe Cookie Introduction

1. Start With Baby's Readiness

Around 6 months, many babies can handle solids, but they need to show developmental readiness, like sitting with support and bringing food to their mouth. Even with these signs, you may want to wait and consult your pediatrician before introducing cookies.

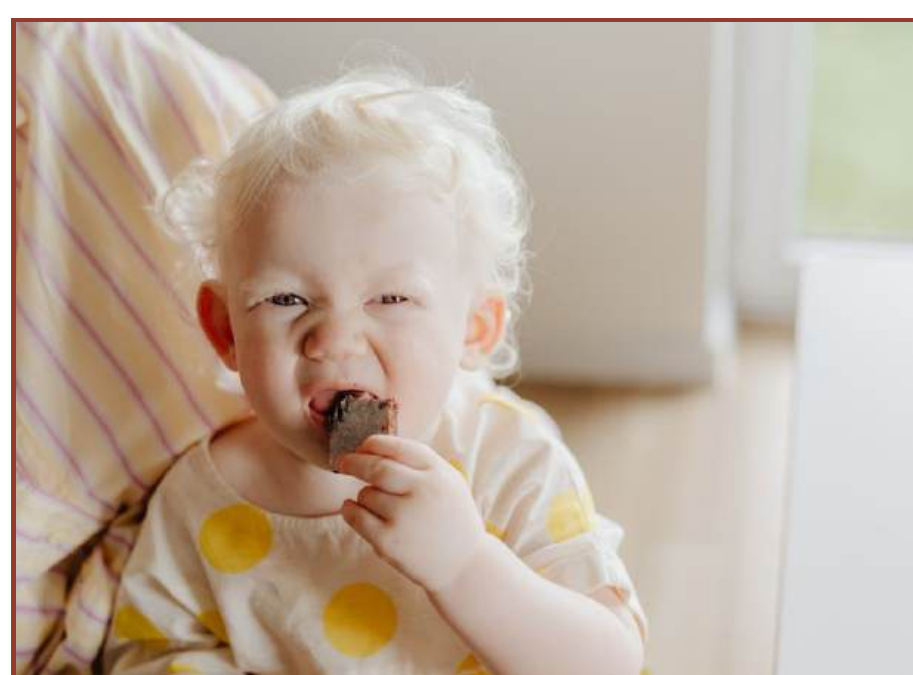


2. Choose a Baby-Friendly Cookie

Baby-friendly cookies use simple ingredients, soft textures that dissolve easily, and safe sizes to prevent choking. Options like banana oatmeal bars or applesauce cookies are ideal compared to sugary, crunchy cookies.

3. Introduce Cookies Thoughtfully

Offer cookies in a calm setting, start with small pieces, and pair with familiar foods while watching for allergies. Keeping the experience simple, safe, and supervised helps your baby explore new foods comfortably.



4. Include Baby Cookies in Family Moments

Baby-friendly cookies allow your child to join family traditions like holidays and baking routines safely. Small shared experiences help build meaningful and inclusive family rituals.

5. Sweet Moments for Your Sweet Baby

Soft, fruit-based cookies introduced thoughtfully can create positive early food experiences while supporting healthy habits. Serve cookies in moderation as your baby gradually transitions to more typical treats.



Presented by:

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