



My Family's Foods

Handout A63



Other books or stories I'd like to share with my baby:

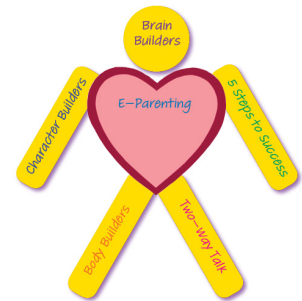
- _____
- _____
- _____

Which Daily Do I want to focus on practicing:

- _____

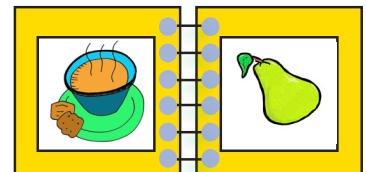
When will we do this activity:

- _____
- _____



Which skills or concepts I want my infant to learn:

- _____
- _____



How to do this activity:

1. Use **Ready for Play and Learning** to see if your baby is ready to play and learn. Remember to use **5 Steps to Success** as you help your infant explore their natural curiosity during the activity.
2. Find your **My Family's Foods** book you created and sit close to your baby or hold them in your lap.
3. Show them each page one-at-a-time as you describe in detail what's on every page or tell them a story about the pictures.
4. Encourage your infant to also touch the book and show them how to turn the pages.