

eat comer

Elizabeth Verdick
Marjorie Lisovskis

© 2021 Free Spirit Publishing Inc. All rights reserved.

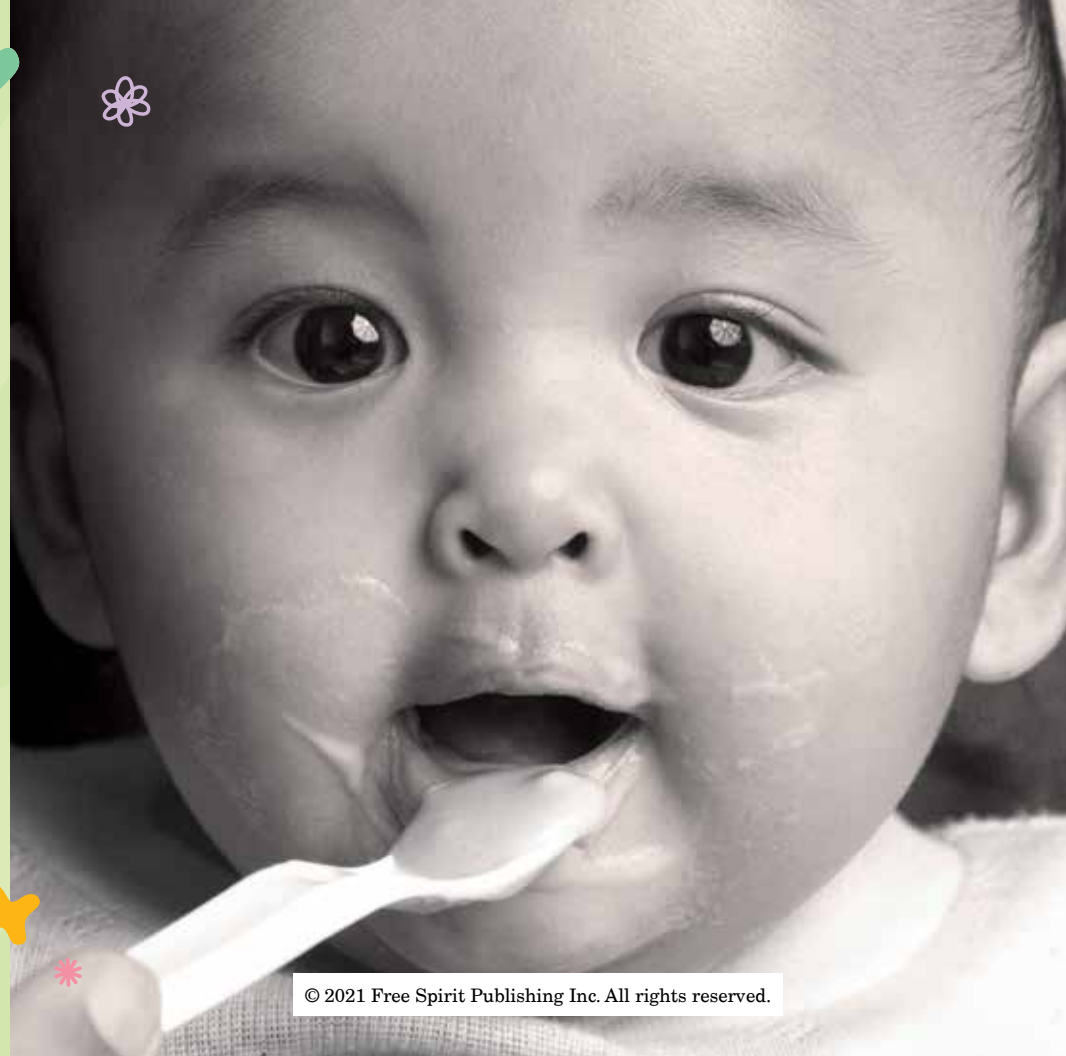


Every day, in every way,
babies **eat**.


Todos los días y en cada
momento, los bebés
disfrutan de su **alimento**.



© 2021 Free Spirit Publishing Inc. All rights reserved.

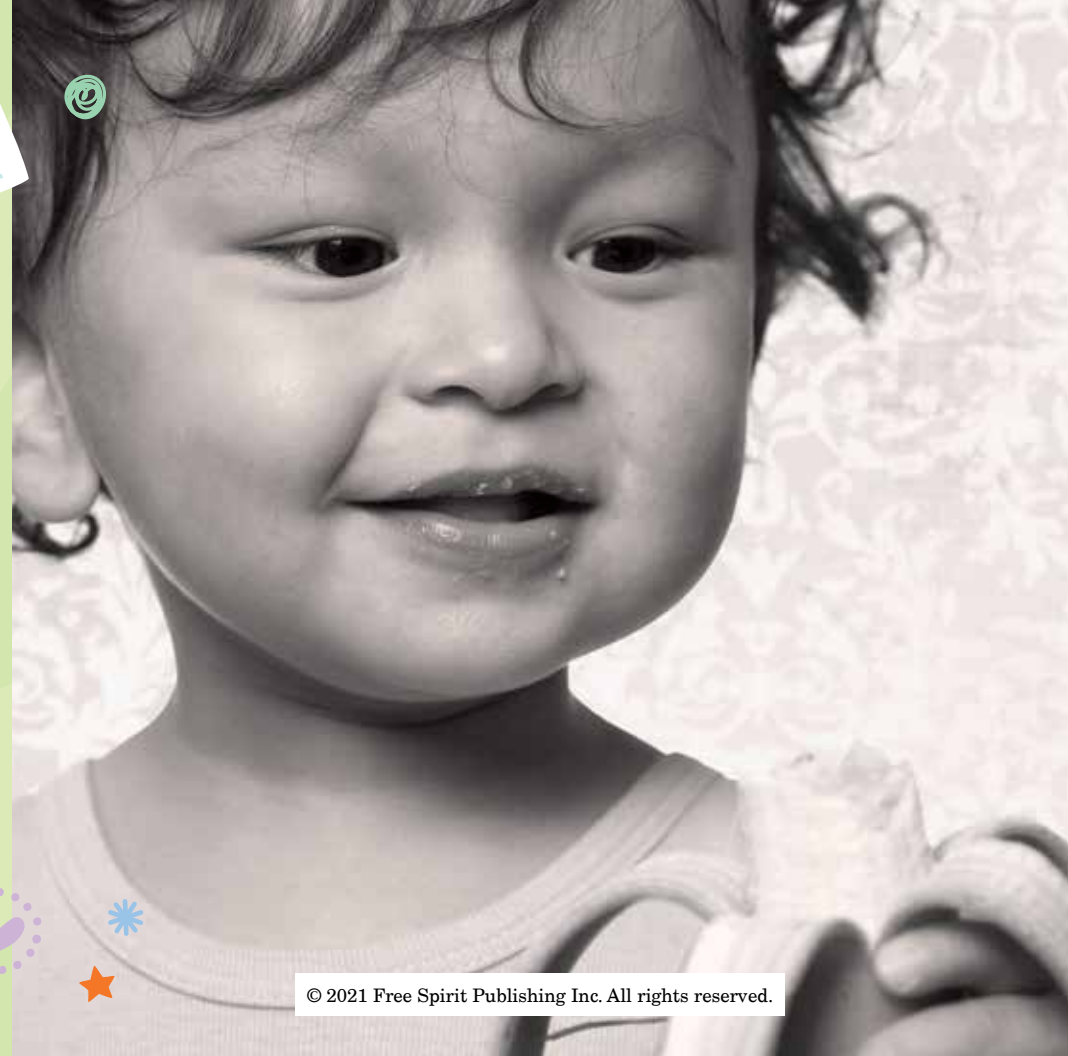


© 2021 Free Spirit Publishing Inc. All rights reserved.



Banana, cereal,
milk, or toast . . .

★
★ Banana, cereal,
leche o pan tostado . . .



Tips for Parents and Care Providers

- ♥ For the first 6 months, babies nurse or bottle-feed. This is a time of close connection for you both. Cuddling your baby as you feed helps your baby learn you're there to meet their needs.
- ★ Between 4 and 6 months, babies begin to hold up their heads without support and use their hands to guide objects to their mouths. You may want to start some solid foods, such as rice cereal; see what your pediatrician recommends.
- ♥ Wait to introduce other foods until your baby is used to cereal. Then begin adding pureed vegetables, fruits, and meat. Introduce one new food at a time, trying it out for several days.
- ★ By the time they're 8 to 10 months, many babies can digest small amounts of finely chopped finger foods. Avoid hot dogs, whole grapes, popcorn, raw carrots, nuts, hard candy, or other foods that are easy to choke on and cereals with added sugar or sodium.
- ♥ Eat together and enjoy this special time!



Consejos para los padres y para quienes cuidan a los bebés

- ♥ Durante los primeros seis meses los bebés amamantan o se alimentan con biberón. Este es un momento de estrecha conexión entre la madre y el recién nacido. Abrazar al bebé mientras lo alimenta le comunica que usted está allí para satisfacer sus necesidades.
- ★ Entre los primeros cuatro y seis meses los bebés comienzan a levantar la cabeza sin apoyo y a utilizar las manos para colocar objetos a la boca. En este momento podría comenzar a alimentarlo con algunas comidas sólidas como el cereal de arroz. Consulte con su pediatra al respecto.
- ♥ No ofrezca al bebé alimentos diferentes hasta que se acostumbre a comer cereales. Luego comience a alimentarlo con puré de verduras, frutas y carne. Ofrézcale un solo alimento nuevo a la vez y pruébelo durante varios días.
- ★ Cuando tienen entre ocho y diez meses muchos bebés ya pueden digerir pequeñas cantidades de comida finamente picada. Evite alimentarlos con perros calientes, uvas enteras, palomitas de maíz, zanahorias crudas, nueces, caramelos duros u otras comidas con las que se podrían atragantar. También evite los cereales que contienen azúcar o sodio.
- ♥ Coma al mismo tiempo que alimenta al bebé para que disfruten de este momento especial.

Healthy babies growing
big and strong.

Los bebés sanos crecen
grandes y fuertes.



happy healthy
B  **BY**®

Text copyright © 2013 by Elizabeth Verdick and Marjorie Lisovskis. Illustrations copyright © 2013 by Free Spirit Publishing Inc. Translation copyright © 2021 by Free Spirit Publishing Inc. All rights reserved.

Photo credits: cover: © Zsolt Bota Finna/Dreamstime.com · page 3: © Ilham Ramadhan Purwanto/Dreamstime.com · page 5: © Anette Romanenko/Dreamstime.com · page 7: © Olga Bogatyrenko/Dreamstime.com · page 9: © Flashon Studio/Dreamstime.com · page 11: © Anasife/Dreamstime.com · page 13: © Ron Chapple/Dreamstime.com · page 15: © D-images/Dreamstime.com · page 17: © istockphoto.com/dszc · page 19: © Raycan/Dreamstime.com · page 21: © Aleksey Ipatov/Dreamstime.com

Library of Congress Cataloging-in-Publication Data

Names: Verdick, Elizabeth, author. | Lisovskis, Marjorie, author. | Rojas, Edgar, translator. | Verdick, Elizabeth, author. Eat. | Verdick, Elizabeth, author. Eat. Spanish.

Title: Eat : a board book about mealtime = Comer : un libro de carton sobre la hora de la comida / Elizabeth Verdick, Marjorie Lisovskis ; Traducido por Edgar Rojas.

Description: Minneapolis, MN : Free Spirit Publishing Inc., [2021] | Series: Happy healthy baby | Audience: Ages 0–2 | English and Spanish.

Identifiers: LCCN 2021.005906 (print) | LCCN 2021.005907 (ebook) | ISBN 9781631986468 (board) | ISBN 9781631986475 (pdf)

Subjects: LCSH: Infants—Nutrition—Popular works. | Toddlers—Nutrition—Popular works.

Classification: LCC RJ216 .V4718 2021 (print) | LCC RJ216 (ebook) | DDC 618.92/01—dc23

LC record available at <https://lccn.loc.gov/2021.005906>

LC ebook record available at <https://lccn.loc.gov/2021.005907>

Illustrations by Allison Black · Design by Michelle Lee Lagerroos and Janet Lamere · Translation by Edgar Rojas, EDITARO · Translation edited by Dora O'Malley

10 9 8 7 6 5 4 3 2 1

Printed in China

R18860521

free spirit
PUBLISHING®



Helping kids
help themselves®
since 1983

freespirit.com

ISBN 978-1-63198-646-8 **US \$6.99**



9 781631 986468



50699 >

Free Spirit Publishing Inc. • 2025 S. • 312.338.2068 • freespirit.com

© 2021 Free Spirit Publishing Inc. All rights reserved.