

SOPHIE

Sophie la girafe®

has lunch

A first **FOODS**
book to read
with baby



Sophie is on her way to nursery.
She can't wait to see her friends.

Sophie loves going to nursery.



tree



building



window

door

sun



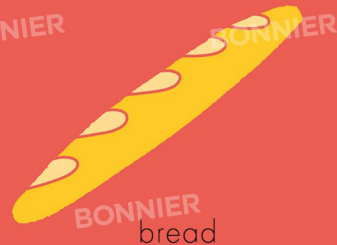
TIP: If your little one is anxious about nursery, really connect on the way in and make the journey together full of fun. Make up a game, look for objects or do a silly walk!

Now we need to set the table
and sit down.

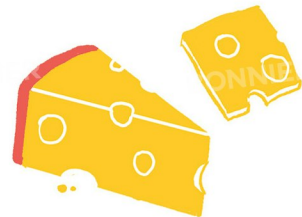


★ **TIP:** Eat with your baby and they will learn from you and love mealtimes even more. For safety, always stay with your baby as they eat.

What's on the menu today?



bread



cheese

What are all these vegetables?



sweet potato



broccoli

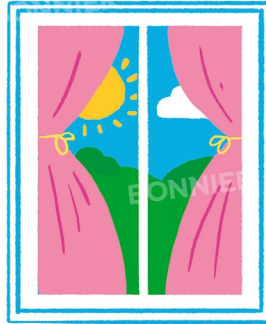


carrot



avocado

Sophie's never tasted cucumber before.
It's fun trying something new!

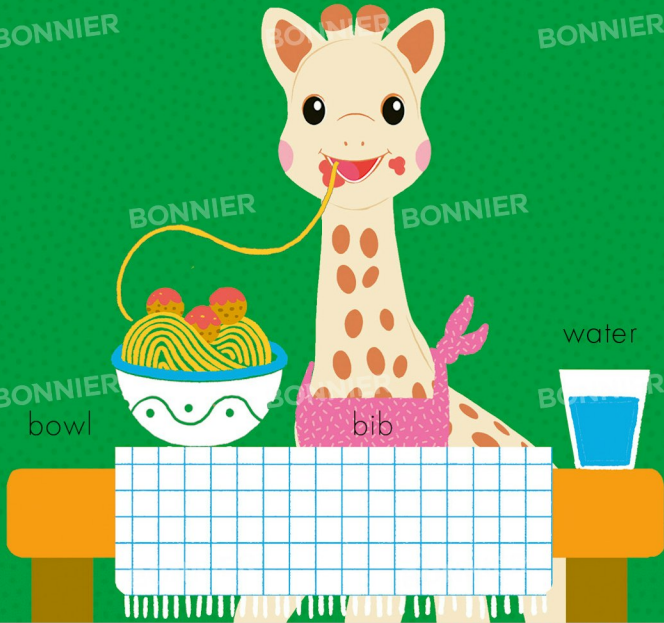


cucumber

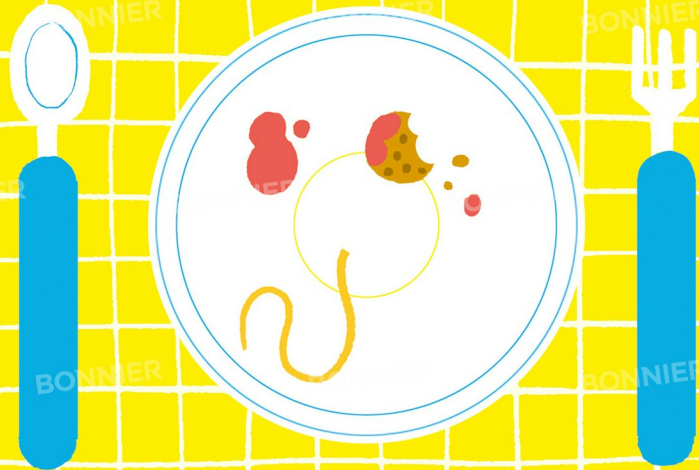


★ **TIP:** Try using finger food to introduce new foods. Cut them into pieces big enough for baby to hold. The size of your own finger is a good measure.

Is everything ready? Tuck in!

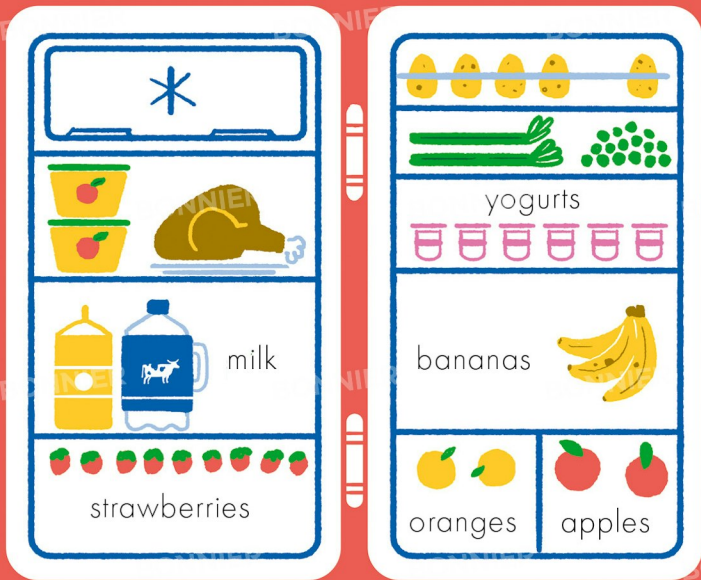


It's delicious. Yum yum!



★ **TIP:** Talk about your food as you eat. Describe textures, name foods, and say how tasty it is.

Now it's time for something sweet.
What's in the fridge?



Sophie's full up now.
What a wonderful mealtime!



TIP: It can get messy at mealtimes, but don't worry! This is an important part of babies' developing curiosity and love for food.