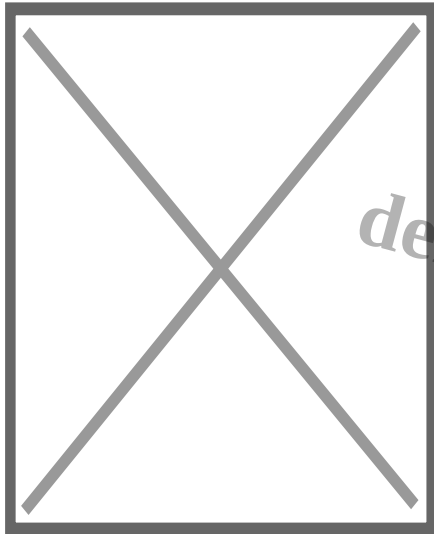


Do Babies Yo-Yo Diet? Or Maybe It's the Highchair.

Description

I'm convinced Avery, and probably a lot of other babies are all aware of yo-yo dieting! Maybe babies were the ones that actually started the whole fad diet! Most likely (and realistically) not, but maybe!



As defined by [Dictionary.com](#):

yo-yo dieting

noun

a repeated cycle of [weight](#) loss followed by weight gain.

How often do you and others around you make a comment about baby's chubby legs, Michelin Man arms, or fat cheeks? I know Going Mom and I are guilty of saying something like this about Avery every day. To us, it's cute, but to them, weeeelllllll maybe they are really concerned about their figure.

In being so concerned about their "chubby" figure, I think that's why babies refuse the bottle, real food put in front of them, and sometimes even the boob. One day they will be eating like champs, but the next day you're lucky just to get them to eat anything! Uh oh, did you mention something about their giant cheeks some time in between?

Okay, again, this sounds pretty farfetched, but doesn't it feel that way sometimes?

Avery has days where sheâ€™ll happily and easily accept the bottle from me and weâ€™re all good. Then, other days, sheâ€™ll start out fine for like a minute, and then push out with her tongue and turn her head side to side. I eventually get the message and reluctantly give up.



Oh sure, sheâ€™s interested in THAT bottle!

Just the other week she was tearing through her bottles to where everything Going Mom left for us in the fridge was gone. I was feeling pretty proud of myself and I was even happy to get up early in the morning when she was crying for food.

Kelley is an awesome mom and gets up in the wee hours to feed Avery even though she has to go to work. On occasion, I will go to feed Avery a bottle instead so Kelley can get a little more rest, and it can be a hassle. Trying to feed a squirmy baby with a bottle in the dark is hard, but when they refuse the thing, itâ€™s down right impossible!

So, that was last week and we had gotten used to thinking sheâ€™s going to be eating more from here on out. Rookie parents here, checking in! Avery is now back on her bottle boycott and we fight to the last ounce just like times before.

All of this fluctuation in eating is apparently a normal baby thing, but Iâ€™m holding out and saying thereâ€™s a .000328% chance that babies know about and practice yo-yo dieting.

Which brings me to my other speculation about babies and eating; introducing solids. We recently started to introduce Avery to solid foods through [baby-led weaning](#) with zero success so far. The first day we blamed it on her being too tired and fussy, but the [second try](#) she was awake and was happy. Then we put her in the highchair.



If you look close enough, I think you can see two horns starting to poke out of her forehead.

Weâ€™ve tried a few times since then all with no luck. Being the college-educated parents that we are, we knew it couldnâ€™t be the food thatâ€™s making her mad, so it must be the highchair. Deductive reasoning at its finest!

With our revelation, we tried offering food with her in the [best baby seat in the house](#) hoping for better results. I even showed her how fun and exciting a green bean can be!



She wasnâ€™t buying it. I mean, câ€™mon, doesnâ€™t it look exciting? No? So maybe she just doesnâ€™t like green; lâ€™ll try a pretty carrot!



Crap, weâ€™re running out of things to blame it on other than that sheâ€™s a baby and doing anything new takes timeâ€¦.and A LOT of patience!

Although we really donâ€™t like the highchair we have, I guess weâ€™ll stop making up reasons why Avery isnâ€™t immediately taking to new food. So weâ€™ll have patience and keep on trying, and as some of you have commented, maybe lâ€™ll give in and offer something sweeter. ðŸ™,

But seriously, we are thinking about returning our Chicco Polly highchair to get something else. The tray is just annoying at how it slides off, and on and the crotch strap under the tray catches Averyâ€™s feet when we try to slide it on.

What kind of highchair did you use? Please let us know what worked for you as maybe it will at least help Avery figure out this new way of eating!

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