

Your Starting Solids Shopping List



Starting solids is an exciting step but it can also be overwhelming. We've put together a shopping list of all the things you may need.

- High Chair:** Make sure your high chair can be easily adjusted. Check out our two favorite high chairs [here](#).
- Cutlery for self-feeding:** If you want to introduce cutlery, we recommend easy to grasp spoons and forks. Find our favourite cutlery [here](#).

- Cutlery for spoon-feeding:** Some spoons are just better than others. Look for shallow spoons that are easy to grip. Find our favourite spoons [here](#).

- Bowls:** Plates mostly just get in the way when first starting solids, but for some foods (think puree, soup or porridge), a bowl may be needed. We recommend suction bowls to prevent any unnecessary mess! Find our favourite bowls [here](#).

- Open Cup:** The best way for your baby to learn to drink is from an open cup! Go for small cups for ease of lifting and less spillage. Find our favourite open cup [here](#).

- Straw Cup:** We highly recommend straw cups without suction or valves, for typical feeding development. Find our favourite straw cup [here](#).

- Baby Bib:** Great for anyone wanting to avoid mess. Find our favourite bib [here](#).

- Splash Mat:** If you don't have a dog, you'll probably need one of these. Go for one that grips well, and is easy to wash. Find our favourite splash mat [here](#).
- Recipe Books:** Inspiration can be hard to come by with a little one. We suggest finding a recipe book that caters for you and your baby! Find our favourite recipe book [here](#).

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Got more questions?
Reach out to us!

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