Your Starting Solids Shopping List

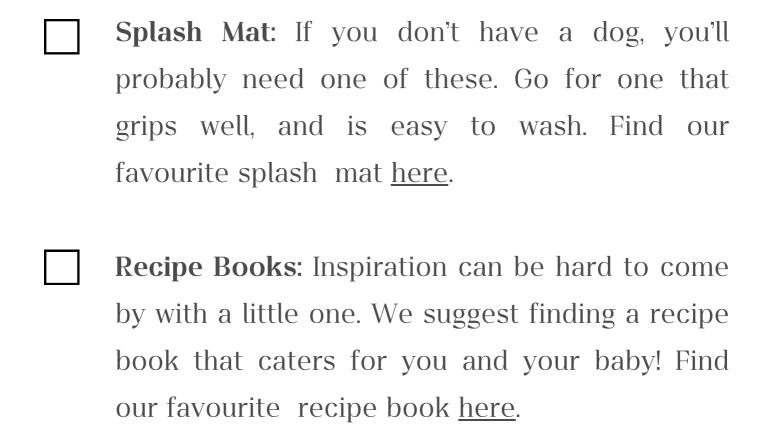


Starting solids is an exciting step but it can also be overwhelming. We've put together a shopping list of all the things you may need.

- 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 <u>here</u>.

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Cutlery for spoon-feeding: Some spoons are just better than others. Look for shallow spoons that are easy to grip. Find our favourite spoons <u>here</u> .
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



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Got more questions? Reach out to us!

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