

Kit list



What do I need to get started?

If it is almost time to start the adventure, you may find it useful to gather some equipment to help make it easier.

Here's the basic equipment that will help you when you introduce solid foods:



A small plastic bowl



A highchair



A plastic spoon



A bib



An open or free-flow cup



It can be helpful to have an old shower curtain or wipe clean tablecloth to use as a floor covering to help contain the mess.