



# Making a mess

As your baby starts to explore complementary feeding it is inevitable that it will be messy. Try using an old wipe clean tablecloth or shower curtain underneath the highchair to make it easier to clean up after mealtimes.

As they try different foods, they are also keen to explore textures and play with food which helps them with coordination and sensory development.

It's great if they can eat with you as this social activity will help them to develop more skills.

