Weaning shopping list – must have items to start baby weaning

Now the fun really starts! Weaning your baby is a lot of fun as they adjust to new tastes and textures and you discover lots of new facial expressions you didn't know your baby had. We have put together a handy weaning shopping list for all things weaning.

- [ ] Consider buying a blender or hand held blender - great if you decide to start with purees.
- [ ] Hand held masher and sieve are great for purees - will also give you a great work out!
- [ ] Colourful plastic bowls ideally with suction cups on the bottom - this will cover off the food-throwing phase.
- [ ] Small, smooth round-tipped plastic or rubber spoons – these are gentle on your baby's delicate mouth and gums.
- [ ] Consider buying a spoon with a long handle for getting into jars.
- [ ] If you want to get techy get spoons that change colour if the food is too hot - although always check the temperature first.
- [ ] Baby bowls with tight fitting lids are essential for when out and about with baby.
- [ ] Wipe clean plastic bibs are invaluable. Weaning is messy – babies like to play with food, it's all part of the fun.
- [ ] Cloth bibs are handy to wipe up messy chops - buy a few though to rotate with the laundry.
- [ ] Reusable pouches are great for when you're out and about - fill them with your own homemade purees. If using pouches, always squeeze the contents onto a spoon. Sucking straight from a pouch may contribute to dental decay.

- [ ] Ice cube trays to freeze portions of purees and freezer bags to store the cubes – great for batch cooking.
- [ ] Baby cup or beaker. Free flowing spouts (without a valve) help to protect teeth. Be prepared for little spillages - did we mention that weaning is messy?
- [ ] Larger plastic bowls for stage 3 weaning - ideally get a couple with dividing compartments.
- [ ] Baby highchair - ideally get one with strong straps, easy to fold away, easy to clean removable tray covers and cushions and adjustable height settings for when your baby grows.
- [ ] Baby booster seat. For when your baby is older, a baby booster seat ties to your own chairs meaning you can enjoy mealtimes together.
- [ ] Messy mats or a shower curtain. Not essential but if your baby is fond of throwing food, you may be thankful for one of these. After all, weaning and mess go hand in hand!

Top Tips

- Make sure all plastic weaning bowls are suitable for the dishwasher, microwave and freezer.
- Try second hand. There are loads of high quality barely used weaning items on local Facebook groups or Freecycle.
- An apron is useful for feeding times to keep your clothes nice and clean.
- Make use of a feeding schedule stuck on the fridge... to track what your baby has tried, and how often. It can take up to ten tries or more for your baby to get used to a new flavour, so don't give up.