



PP'S BEST BUYS GUIDE
TESTED FOR YOU BY MUMS

Weaning gear

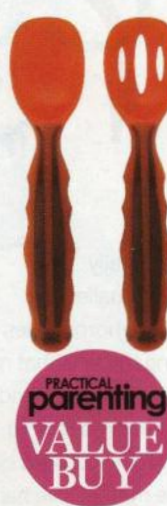
signs for when your little one is ready for solids



HEAT SENSOR SPOON, £3.99

Spoons with curved handles; heat sensor changes the colour of the spoon's tip from red to yellow when food is too hot. **Emily, mum to Lily, 6 months, says,** "I love that these spoons warn me if food is too hot. The handle's easy to grip, and its shape means that the end you put in your baby's mouth doesn't touch any surface if you need to put it down."

Stockists 0500 979899; www.tommeetippee.co.uk.



ANNABEL KARMEI SPOON AND FOON, £2.99

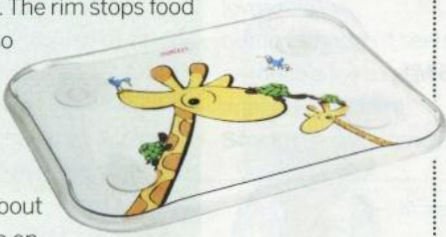
What you get A spoon and 'fool' with soft-grip handles and soft tips. **Alison, mum to Cameron, 14 months, says,** "These are ideal for helping your baby learn to feed himself. The 'fool' (a cross between a fork and spoon) is a great idea and has very soft tips so he doesn't hurt himself. The bulb of the spoon is a good size, so he can get a bit of food in it."

Stockists Mothercare, 0845 330 4030; www.mothercare.com.



STOKKE TABLE TOP, £44

What you get Transparent tray that fixes to a dining table; six different designs; book to help with your child's development during playing and eating. **Sarah, mum to Tyler, 7 months, says,** "Ideal for use with highchairs that pull up to the table but don't have a tray. The rim stops food falling off, so you can pile food on to it without worrying about it ending up on the floor. The six designs appeal to different age groups."



Stockists 01753 655873; www.stokke.com.

SQUIRT FOOD DISPENSER, £8.49

What you get Baby food dispensing spoon; the bulb of the spoon dispenses one mouthful at a time; protective cover; BPA-free plastic; dishwasher-safe. **Joanne, mum to Polly, 5 months, says,** "Genius idea – you just pop the puréed food inside and then squeeze it out directly on to the spoon, which means that you don't need a separate bowl. Brilliant for when you're out and about or feeding one-handed, whether you're reading a magazine or feeding the rest of the family with the other hand!"



Stockists Lula Sapphire, 0870 850 7541; www.lulasapphire.com.

BROTHER MAX FOOD PORTIONERS, £5.99 FOR SIX SMALL OR FOUR LARGE

What you get Individual, click-together pots; freezer- and microwave-safe; heat-proof so you can fill straight from the pan; pen for recording contents. **Paula, mum to Abbie, 9 months, says,** "These make freezing baby food much easier. Cubes can be used on their own or clipped together, and the lids stay open so they're easy to pour food from. They're microwave-proof, too."



Stockists 020 8236 7040; www.brothermax.com.

STAY-PUT CUTLERY SET, £9

What you get Spoon and fork on a flexible coil that's attached to a strong suction pad; matching feeding bowl, also with strong suction pad. **Valerie, mum to Thomas, 18 months, says,** "Great, as most toddlers love throwing cutlery around while you waste time picking it up and washing it. It's good for his hand to eye coordination too, and the suction pads are very strong."

Stockists Bibs & Stuff, 01293 774924; www.bibsandstuff.co.uk.



Practicalities

WEANING EQUIPMENT

Look for user-friendly bowls that won't slide around on a table or highchair tray, and are easy to wash and keep clean. Spoons need to be comfortable for you to hold and for your baby's mouth. If you're intending to use equipment in conjunction with a microwave, steriliser or dishwasher, check that it's appropriate before you buy.

Weaning tips

- Give your baby a spoon as soon as she can hold one.
- Plastic spoons feel better for your baby and can be sterilised more easily.
- Don't rush feed time and make sure your baby is not overtired before you start.
- Use a bib to catch any mess and put something down on the floor to protect it.

Weaning safety

- Always supervise your baby while she's eating or drinking.
- Small items, such as pips and seeds, can be dangerous for a baby so take care with fruit and grains in bread.
- If you're heating up your baby's food or drink in a microwave, stir it to eliminate 'hot spots'.
- Always make sure your child is strapped into her highchair or bouncy chair.

Mum's tip

"I have a bowl with nursery rhyme characters in the bottom, which encourages Olivia to eat – she loves to see the characters appear as the food gets eaten."

Mary, mum to Olivia, 1



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