

# Equipment for Solid Feeding



By Rachel Waddilove

For Beaming Baby

John Tripp, Consultant Paediatrician, Royal Devon and Exeter Hospital, "The whole book is full of personal, warm and hugely useful expert advice, but is at the same time soundly based on a wealth of experience."

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

## What do you need for Solid Feeding?

### ***Equipment for Solid Feeding***

It is easiest to feed your baby when he is sitting up in his chair, but you can feed him on your lap, supporting him with your free arm around his back. When your baby is very young, he can be fed sitting in a bouncy chair, and from around six months he can probably go into a highchair if he is big enough.

You will need:

- Plastic weaning spoons
- Plastic bowls or bottle-lids for small amounts of food
- Ice cube trays for freezing purees
- Bibs
- Bouncy chair for the first few months
- Highchair later
- Plastic mat to protect floor under feeding chair (optional)

### ***About the Author***

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



### ***Rachel's Books***

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

### ***More Information***

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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Beaming baby

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