

# Learning to feed myself: Which tools will come in handy?



**Every baby is different** and will develop skills around eating at different paces.

Most toddlers don't **use cutlery** independently **until around 16-18 months**, even if they have practiced regularly.

But eventually, **all children will be able to use cutlery** somehow...



Self-feeding is a very complex task and it is common for children to have difficulty using cutlery to feed themselves. At the beginning, they will need an adult to help them.

## CUTLERY FOR BABIES



The perfect size for your baby's hand



They can grab it with a full fist



Deeper spoon tip that helps them to develop oral-motor skills



Ideal for experienced eaters



Ideal for expert eaters



**6**  
months

Pre-spoon; perfect for your baby to get started with utensils



**8**  
months

Includes a safety barrier to prevent choking



**10**  
months

Thinner handle to facilitate them to guide the food into their mouth



**18**  
months

Longer and soft handle



**24**  
months

Similar to adult cutlery but smaller

## CUPS

Starting with an open cup helps your baby to learn how to take a small bolus of liquid and swallow.



At the beginning, you will need to help your baby to hold the cup.



**6**

**months**

Start with **open cups**



**8**

**months**

They are ready to drink from a **straw cup**



**18**

**months**

They can use **heavier cups** and **bottles**

## HIGHCHAIRS



The correct sitting position for your baby is: 90-degree angle at hips, knees and ankles



To ensure safety you can use a safety harness



## PLATES · DIFFERENCES OF USING EACH KIND

There's no rule around this. There's certainly no need to even use a plate in the beginning, you can just place the food directly on the highchair tray.

### Divided

Babies can visualize and recognize the individual foods.



### Undivided

Babies can try different mixed foods and flavors. But identifying each food may be more difficult.



Use plates with raised edges so your baby has something to scoop against. Make sure your baby has been introduced to a plate before the age of **9 - 10 months**.