## The Solids List

Fear-free, this-is-going-to-be-fun essentials for starting solids.

☐ Highchair	
□ Cutlery set	
□ Plate	
□ Bowl	
□ Bibs	
□ Water bottle	
□ Recipe book	
□ Freezer pods	
□ Food processor	
fr.	You'll need it om around four o six months.