
Baebea

Foodie Feeder

How-to guide with top tips

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Foodie Feeder

Welcome parents and caregivers.

You're probably thinking do I need another baby gadget/will this one actually work? Let me explain to you why this is going to be a baby must have! Each day brings something new and exciting with your little one. The first taste is one of those huge milestones for both you and baby. Baebea's foodie feeder provides a safe way to safely introduce fruits and vegetables with peace of mind! Baebea's foodie feeders are perfect for safely introducing new foods to your little ones. This booklet is a reference guide with tips and ideas for that first taste.

Sincerely, The Baebea Family



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Foodie Feeder

How to use the foodie feeder?

Step 1

Clean before first use using warm soapy water. We recommend hand washing each component.

Step 2

Simply fill the nipple with desired food (see food examples on page 6). Ensure you don't over fill the nipple with food as it can cause the nipple to slip out and become a choking hazard.

Step 3

Snap the feeder closed to lock. You can also pop on the cap for on the go snacks! Then pass to your little one to enjoy this exciting moment!



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Foodie Feeder

care

We recommend hand washing each component with warm soapy water. Do not boil or microwave the foodie feeder.

warning

Always monitor child and never leave unattended with the foodie feeder. Suitable for ages 4 months +. Discoloration of nipple may occur from certain foods and is normal. Always use this product with adult supervision. Before each use, inspect the product. Throw away at the first sign of damage or weakness. Do not microwave, boil or steam sterilise. Do not let a child walk or run while carrying the feeder. Not suitable for children with teeth. Make sure the feeder is snapped closed and locked before using. Do not overfill the nipple with food as it can cause the nipple to slip out and become a choking hazard. Please read and retain this information for future reference. Remove all packaging components before use.

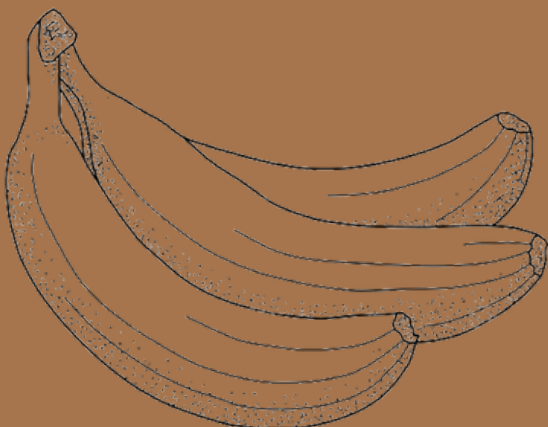


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What is a foodie feeder?

The transition from liquids to solid foods is a big step and such an exciting moment! It's a vital stage for your baby to develop mentally and before you know it your will start to enjoy your baby's sticky face and hands. As exciting as that first bite may be, it can also seem daunting. Some babies will be so eager to try that first bite that they may bite off more than they can chew or not know how to swallow just yet. That is what Baebea's foodie feeder is there for. The feeder has small holes that only allow small bits of food to pass through, making it a worry-free solution to introducing solids.

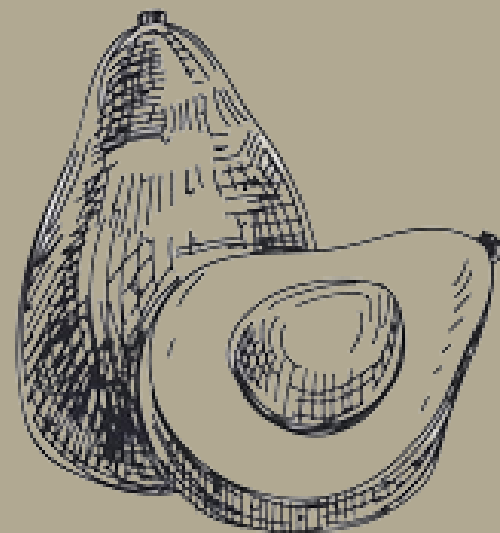


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What age can baby use a foodie feeder?

Baebea's foodie feeder can begin helping your little one even before they are ready for solids! You can fill the feeder with frozen breast milk or formula as a great way to naturally soothe those sore gums and swelling caused by teething. Since breast milk or formula plays a very important role in your baby's diet for at least the first year, this is a great way to continue giving them nutrients from milk. Most babies will start showing signs that they are ready to start solid foods once they are 4-6 months of age. You and only you will know what is best for your baby, this book is simply to share useful tips and ideas. **Always be sure to supervise your baby to minimize choking risks.**



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Is a foodie feeder good for babies?

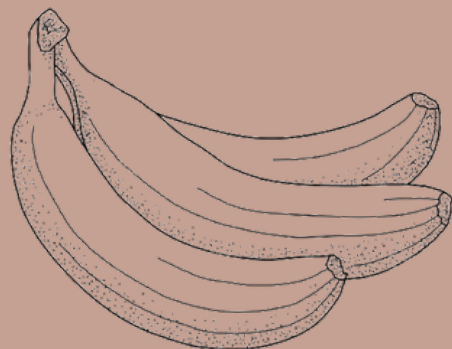
It's an excellent feeder to give babies their fruits and veggies or as a snack option that will be sure to keep your baby entertained. The foodie feeder also allows parents/caregivers to introduce different flavours and food types that may not be appropriate for the baby to consume safely in whole pieces.

What fruit can I put into a foodie feeder?

Any fruit, simply chop the fruit up and pop it in the nipple. Do not overfill the nipple with food as it can cause the nipple to slip out and become a choking hazard. Frozen berries are also another option- also great for soothing teething gums.

What other things can I put in a foodie feeder?

Vegetable and fruit- frozen or fresh, work perfectly in a foodie feeder. You can also fill the feeder with frozen breast milk or formula using Baebea's Foodie Feeder Tray. This is a great way to naturally soothe teething pain and swollen gums caused by teething.



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What are the signs baby is ready to start the weaning journey?

There are 3 clear signs, which, when they appear together from around 6 months of age, show that your baby is ready for their first solid foods, alongside breast milk or first infant formula. They will be able to:

- stay in a sitting position, holding their head steady
- coordinate their eyes, hands and mouth so they can look at their food, pick it up and put it in their mouth
- swallow food (rather than spit it back out)

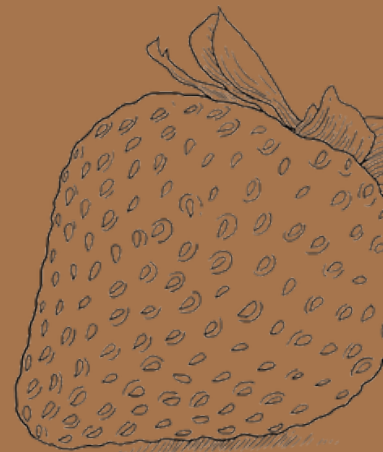
The following behaviours can be mistaken for signs of being ready for solid foods:

- chewing fists
- wanting extra milk feeds
- waking up in the night (more than usual)
-

These are normal baby behaviours and not necessarily a sign of hunger, or being ready to start solid food. Starting solid foods will not make them any more likely to sleep through the night. Sometimes a little extra milk will help until they are ready for food.

If your baby was born prematurely, ask your health visitor or GP for advice on when to start weaning.

<https://www.nhs.uk/start4life/weaning/ready-or-not/>



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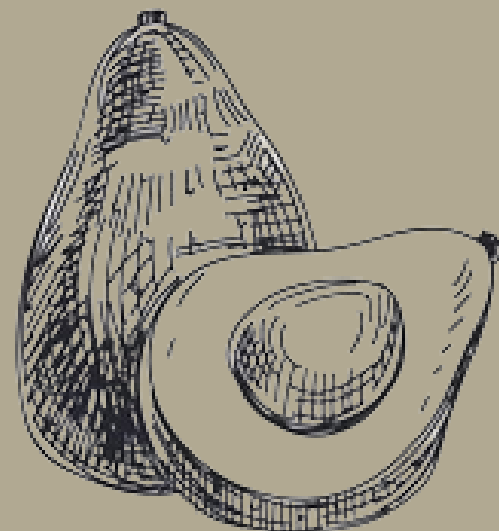
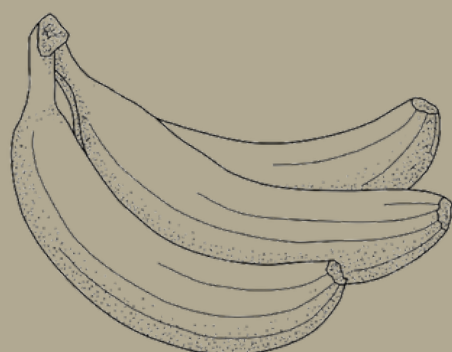
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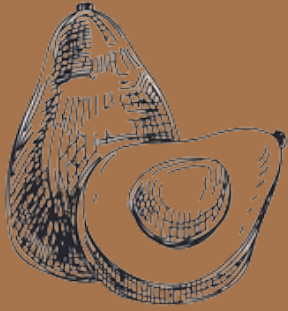
How to safely introduce solids...

Once you have decided that your baby is ready for solids, be sure to start simple. Try one single-ingredient food, (with no added salt or sugar) at a time at first. This helps you see if your child has any problems with that food, such as food allergies. Wait 3 to 5 days between each new food. Before you know it, baby will be on his or her way to eating and enjoying lots of new foods.

Do not worry about how much they eat. The most important thing is getting them used to new tastes and textures, and learning how to move solid foods around their mouths and how to swallow them. They'll still be getting most of their energy and nutrients from breast milk or infant formula. The best time to try solids is when your baby is happy and well rested to get the best indication of how they liked their first bite.

Other things to consider when starting solids are your baby's abilities. You want to make sure they can already stay in a sitting position and hold their head steady and are showing signs of interest in your food.





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Food recommendations based on age

4-6 months

At this stage we would recommend no food combinations to ensure there is no risk of allergies or intolerances.

Fruits

avocado
apples
bananas
pears

Vegetables

butternut squash
sweet potato
peas

Protein

Dairy

frozen
breast
milk or
formula

6-8 months

At this stage it is safe to try some combinations of foods you have already tried.

avocado
apricots
nectarines
peaches
plums
blueberries
raspberries

carrots
parsnips
lentils
beets
pumpkin
green beans

chicken
turkey
lamb
tofu

8-10 months

strawberries
cherries
cranberries
dates
grapes
kiwis
papayas

carrots
parsnips
lentils
beets
pumpkin
green beans

eggs
beef

yoghurt
cottage
cheese

10 months +

Get creative....and tag us #mybaebea

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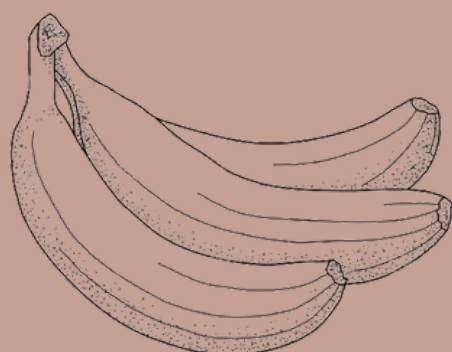
A quick care tip...

Slight staining may occur if the product has come into contact with strong pigmented foods, since the silicone material contains NO TOXIC sealants it may get stained by foods with the strong pigments (carrots, tomatoes, raspberries etc.). Try to wash the product immediately after use. To try to remove residue stains, scrub with soap and leave to soak in warm soapy water.

Alternatively, a quick all-natural tip is to use baking soda and hot water. Mix 1 spoon of baking soda with a small amount of water - making a paste.

Apply the paste evenly all over the inner and outer parts of the nipple and leave it for 20 minutes. These natural and safe ingredients will clean the stains, after 20 minutes wash the nipple thoroughly with soap and warm water.

Unfortunately we can not guarantee our products will be stain-proof for all food this item comes into contact with and will not be able to provide refund or exchange on any stained products.



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Thank you for including Baebea in this hugely exciting time as baby tries new tastes and textures.

We hope baby and you enjoy this journey and we wish you all the best.

We would absolutely love to hear from you and your weaning adventure.

Take a look at all our other **Award-Winning** weaning products; suction plates and bowls, waterproof cape bibs, catch all bibs and more over on our website:

www.baebea.com

We would love for you to tag us using any of your Baebea weaning products on Instagram:

@baebea_
#mybaebea

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