

# kizingo®

## QUICK GUIDE TO TODDLER SPOONS

Which spoon is best for your little one? Find out here!



@kizingokids / kizingokids.com



# WELCOME

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Your little one has been begun eating solid foods and you're wondering if she's ready to make the leap to using utensils, and, if so, which ones might be right for you. Yay! This is certainly an exciting time! But you should also be prepared for it to be a bit of a messy affair ... because spoon feeding still takes a lot of practice.

## TYPICAL MILESTONES REACHED BEFORE INTRODUCING UTENSILS

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Your little one has been eating solid foods, at least for a little bit.



You have already introduced finger foods.



Your toddler is interested in feeding herself.



You are serving foods with different textures (including thicker ones) that are good for spoons.

Helping your little one gain independence at mealtime - with or without utensils - has so many benefits including motor skill development, hand-eye coordination, and refining their sensory processing. In short, it's worth the effort because self-feeding builds confidence, independence, and healthy mealtime habits!



# Are you ready for spoons at mealtime?

TAKE THE QUIZ BELOW TO FIND OUT!

A. Your daughter is:

1. < 12 months
2. 12-16 months
3. > 16 months

B. Your son has already mastered dipping with pre-spoons (think NumNum spoons)?

1. Not yet
2. Most of the time
3. He's a master!

C. Your daughter wants to feed herself:

1. Not really.
2. She's showing more interest.
3. ALL[period]THE[period]TIME[period]

D. You're comfortable with a little mess at mealtime:

1. I prefer a clean floor.
2. A little mess is okay.
3. Messes are okay, we have a dog.

E. You would like to encourage your son to practice self-feeding:

1. It's not super important to me.
2. Please!



## DIRECTIONS

Add up the numbers circled and turn the page to find out what spoons might be best for your little one!





## TALLY YOUR SCORE

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Finished? Awesome. Before we get to those recommendations a disclosure: although we do have PhDs in nutrition and understand nutrition science well, we are not medical doctors, occupational therapists, or pediatric feeding specialists. If you have been given advice that differs from ours by any of these medical professionals, forget us. *Listen to them.* Also, remember that kids develop differently - in their own time and at their own pace. If you have any doubts about your little one, ask your pediatrician. We should not substitute for their professional medical advice.

Ok. Now, flip back a page and collect your score:

### MY SCORE WAS LESS THAN 8

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You've started your little one on solid foods and are getting ready to move into the next phase of self-feeding, which is super exciting! But you might consider getting a little more practice with early feeders - and finger feeding - before you venture into other types of spoons. Head to page 5 for some recommendations on the best spoons for early feeders.

### MY SCORE WAS 8 OR MORE

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You and your little one are deep into self-feeding and are ready for utensils to be a big part of that process. Your eater has practiced - maybe even mastered - the art of dipping and is ready for a little more advanced scooping. And you're ready for that floor to get a little messy too! (Or at least Fido is.) The good news is, there are lots of great options for this phase of eating too. So head to page 6 for some of our favorites.

The following pages represent our opinions. These are not paid endorsements or affiliate links.

SO MANY SPOONS ...  
**SO LITTLE TIME.**





# We're Working On First-Feeders A Little Longer

MY SCORE WAS LESS THAN 8

## DIPPERS



**Key Feature:** No wrong way to hold!

**Pros:** Great for motor development; scooping not required; short handles, easy to hold.

**Cons:** Doesn't work as well with all textures.

**Example Brands:** NumNum, Baby Dipper, ChooMee.

**Key Feature:** Provides practice scooping.

**Pros:** Soft, small spoon head; shorter handles.

**Cons:** Soft head can be difficult for scooping; some encourage teething/chewing.

**Example Brands:** Olababy, ezipz, Avanchy



## FEEDER/TEETHERS

## CROSS-OVER SPOONS



**Key Feature:** Longer handles are good for occasional parent feeding too.

**Pros:** Small head = small portions; Mom and dad can help spoon feed easily.

**Cons:** Not ideally designed for holding; Longer handles hard for kids to maneuver.

**Example Brands:** Oogaa, Munchkin, Beaba



# I Think We're Ready for Spoons

MY SCORE WAS 8 OR MORE

TRADITIONAL, only SMALLER



**Key Feature:** Looks just like mom and dad's.

**Pros:** Fatter handles are easy to grip.

**Cons:** Can be difficult for kids to use without spilling, dropping food; metal may not be desired.

**Example Brands:** OXO, Nuk, Gerber, Boon

**Key Feature:** Ergonomically shaped

**Pros:** Makes it easier for kids to get food into their mouth without turning wrist, fat handles

**Cons:** Requires some early practice with self-feeding

**Example Brands:** Kizingo, Easy Tots



ERGONOMIC DESIGN

UNIQUE HANDLE



**Key Feature:** Handles are distinctly shaped.

**Pros:** No wrong way to hold; some meant to use tripod (three-finger) grip.

**Cons:** Can be difficult for kids with muscle issues, Orientating can be a challenge.

**Example Brands:** doddl, iCan, Grabease, KidsMe



## BAD NEWS, GOOD NEWS

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We're "bad news first, please" kind of people, so here's the **bad news**: there is no single spoon that is going to help your little one become a confident, comfortable, and successful self-feeder.

But here's the **good news**: There is no single spoon that is going to help your little one become a confident and successful self-feeder! (See what we did there?) There is no *single* spoon because there are lots of them. And because each kid develops a little differently, no one spoon is just perfect for every kid. Which means while you can't always go right, you also can't go wrong.

### FINAL TIPS FOR SELECTING A SPOON

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Experiment. You're unlikely to find the perfect spoon the first time out of the gate.



Be patient, because this is still about learning. There will still be more messy days mixed in with less messy ones!



Allow your child's needs to change as their motor skills develop as different styles may be needed to support this growth.



Embrace the learning process and HAVE FUN!



# WHERE TO BUY

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### DIPPERS

NumNum - <https://numnumbaby.us/pages/products>

BabyDipper - <http://www.babydipper.com/shop-now.html>

ChooMee - <https://shop.choomee.com/collections/all-products/products>

### FEEDER/TEETHERS

Avanchy - <https://avanchy.com/collections/blw-utensils/products/baby-spoons>

Ola Baby - <https://www.olababy.us/products/olasprout>

ezpz - <https://ezpzfun.com/collections/4-months-and-up/products/tiny-spoon-twin-pack>

### CROSS-OVER SPOONS

Ooga - <https://www.oogaa.com/product-category/spoons/2-pack-spoons/>

Munchkin - <https://www.munchkin.com/lift-infant-spoons.html>

Baeba First Stage Spoon - <https://shop.beaba.com/en/spoons-and-cutlery/753-beaba-ergonomic-1st-age-silicone-spoon.html>

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### TRADITIONAL, only SMALLER

OXO - <https://www.oxo.com/oxo-tot-fork-spoon-set.html#apple-green>

NUK - <https://www.nuk-usa.com/first-essentials-by-nuk-kiddy-cutlery-spoons-3-pack/2074497.html#start=11>

Gerber - <https://www.amazon.com/Gerber-Graduates-Spoons-Neutral-Colors/dp/B008X6RH0E>

Boon - <https://tomy.com/products/modware>

### ERGONOMIC DESIGN

KIZINGO - <https://www.kizingokids.com>

Easy Tots - <https://easytots.com/product/small-baby-fork-and-spoon-set/>

### UNIQUE HANDLE

I Can Spoon - <https://icanspoon.com>

doddl - <https://www.doddl.com>

Grabease - <https://grabease.com/collections/utensils>

Kidsme - <https://www.kidsmebaby.com/products/categoryshow/dpid/67>