

## Holiday Gift Guide 2023

Looking for the perfect feeding-related gift for your little one or another little one in your life? As a pediatric registered dietitian, I've created a list of my absolute favorite mealtime/feeding tools, to help your little one succeed at the table!

*\*\*Disclaimer – some of these links are affiliate links, from which I earn commission, at no extra cost to you\*\**

### Look for these!

 = great stocking stuffer!

 = includes a discount code!

## For the Pre-Eater:

*Not ready for foods yet but want to help them get prepared?*

*A great place to start is with **Oral Development Tools**, also often known as teethingers! When babies use effective oral development tools, it helps engage their jaw in a chewing motion, getting them ready for solid foods!*

- [Ezpz Oral Development Tools](#) - this is my favorite set of tools to help with pre-feeding skills such as learning chewing, biting, munching, etc. The handle is the same as the Ezpz Tiny Spoon handle, which is also great for muscle memory and prepping them to hold their spoon once they start eating.
-  [Fluxy](#) Oral Motor Tool – this teether has several prongs each with different textures, and are great for reaching the back of the mouth where molars will come in. The shape is also great to encourage the up and down chewing motion.
-  [ZoLi Bunny](#) Dual Nub teether – this teether has a rounded handle easy for young babies to hold, while also offering prongs that can reach toward the back of the mouth and offer the opportunity for up and down chewing motions
-  [Tgtiny.co](#) teethingers – I love these for young babies who are first learning to hold on to objects. They provide the ability for babies to chew on safe, teething material, but are chunky enough for babies first developing that holding skill to be able to grasp.

*Another great way to get your little one prepared for solids is to get them some self-feeding spoons and open cups to start playing with! Sit them in their high chair while the family eats*

dinner, and let them play with feeding utensils to get used to handling them, and bringing them to their mouth.

- 💰👶 Ezpz [Tiny Cup](#) – holds 2oz of liquid, has a weighted bottom for less tipping, perfect for little hands to hold (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 💰👶 Ezpz Tiny Spoons – GREAT starter options specially designed by a speech language pathologist (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 🍴👶 Num Num Pre-spoon GOOtensils [spoons](#)

*Haven't gotten a **high chair** yet? There are SO many on the market, and not all of them are helpful or safe when it comes to safe seating for a 6-month-old. There are lots of sales this time of year, so it might be a great time to buy one! Here are my top recommendations!*

- [Stokke](#) Tripp Trap – may need to buy the [tray](#) and infant attachment separately depending on where you purchase; adjustable chair to fit your child as they grow!
- [Abiie](#) Beyond Wooden High Chair/Tray – adjustable chair to fit your child as they grow! Downside of this one is a small-ish tray...does not fit all Ezpz mats
- [Keekaroo](#) Height Right high chair
- Ikea [Antilop](#)  
\*\*I recommend getting a footrest with the Antilop, as it does not come with one, but at the low price point, a footrest is likely affordable. Something like [this works](#) great!
- On-the-go option: [Summer Infant Pop 'N Sit](#) portable chair with tray – many bowls/plates won't fit on this tray but it's a great option for traveling, picnics, or eating at a restaurant!

## For the Early Eater (6-12months):

*As your little eater gets started, there are a lot of great feeding options that are perfect for self-feeding and just their size!!*

### My all-time favorite gift set:

- 💰👶 [First Foods Set](#) by Ezpz- this is an amazing starter option – you get a Tiny Bowl, 2 Tiny Spoons, and a Tiny Cup! Everything you need for early eaters! (Use code **NUTRITIONMAMMA** at checkout for 10% off)

### Bowls/Plates:

- 💰👶 [Ezpz](#) – a nice variety of options at different sizes! The bowl/plate is part of a larger mat that suctions to the table, which is great for preventing baby from picking up and flipping their plate (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- [Bumkins](#) – great sectioned plates that are a bit smaller in diameter than Ezpz ones– so great for smaller high chair trays like the Abiie or Keekaroo

- Abbie Octopod Divided Plate – this option is designed to fit perfectly on the more narrow [tray](#) on Abbie high chairs – but can be used by anyone!

### Cups:

- 💰👉 Ezipz [Tiny Cup](#) – holds 2oz of liquid, has a weighted bottom for less tipping, perfect for little hands to hold (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 💰👉 Ezipz [Straw Mini Cup](#) for practice with straw after spending some time practicing with open cup – do not introduce until around 9/10 months. (Use code **NUTRITIONMAMMA** at checkout for 10% off)

### Utensils:

- 💰👉 Ezipz [Tiny Spoons](#) – GREAT starter options specially designed by a speech language pathologist (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 👉 Num Num Pre-spoon GOOtools [spoons](#)

### Bibs:

- 👉 [Bumkins](#) – they sell multiple styles including sleeved bibs which are great for the messiest of meals
- 👉 [Bapron Baby](#) – similar style to the Bumkins sleeved & starter bibs, which lay flat, allowing for a more natural eating experience for baby. Baprons tie between the shoulder blades instead of behind the neck, so they are less likely to feel restrictive. Think of it as a backless shirt!
- 👉 [Green Sprouts Bibs](#) – these are a personal favorite because of their price point, but also easy on/off use! They are a Velcro closure rather than a tie, so keep that in mind if your baby is pulling off bibs. Largest size says 12-24 months, but I find they fit for longer than that.

### Food Items:

*It can always be fun to throw a few of their favorites in as a stocking stuffer! Things like bananas, oranges, avocado, or even these!*

- 💰👉 [Puffworks Baby Peanut & Almond](#) Puffs – when we're talking puffs, these are the way to go! USDA Certified Organic, low in sodium, no added sugar (in the baby varieties), and a melt-in-your-mouth puff that not only tastes great, but exposes baby to the peanut and tree nut allergens! Such a great way to offer consistent peanut/tree nut exposure. (Use code **NUTRITIONMAMMA10** for 10% off any purchase)
- 👉 [Go Go Squeeze Applesauce](#) pouches – use for on the go or squeeze into a bowl at home to be served with a spoon! Go for unsweetened varieties.

- 💰 [Smashcake Mix](#) – these are packaged cake mixes designed just for little ones! No added sugar, minimal ingredients, safe to taste-test, and can be made with virtually any milk – even breast milk! A perfect option for serving baked goods to your little one. (Use code **NUTRITIONMAMMA15** for 15% off your order!)

## For the Young Toddler (12-24 months):

*If your baby is nearing this age, it is now developmentally appropriate to start offering them a fork, and we shift away from the bottle to cups only (open cups and straw cups). There is a wide variety of good options for you to try here!*

### My favorite toddler gift set:

- 💰 [Ezpz Mini Feeding Set](#): This comes with a Mini Mat and Mini Utensils (spoon & fork) (Use code **NUTRITIONMAMMA** at checkout for 10% off)

### Bowls/Plates:

- 💰 [Ezpz](#) – a nice variety of options at different sizes! The bowl/plate is part of a larger mat that suctions to the table, which is great for preventing your toddler from picking up and flipping their plate (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- [Bumkins](#) – great sectioned plates that are a bit smaller in diameter than Ezpz ones– so great for smaller high chair trays like the Abiie or Keekaroo
- [Bumkins plate without dividers](#) – this can help transition to an adult plate, but still offers the suctioning benefit

### Cups:

- 💰  Ezpz [Straw Mini Cup](#) for practice with straw after spending some time practicing with open cup, or can be used as an open cup! (4oz) (Use code **NUTRITIONMAMMA** at checkout for 10% off)
-  [Lollacup](#) Straw cup with detachable handles; easy to drink from but is not spill proof – I love this for transitioning from bottle to cup, because it's clear. Your child can see what's inside just like you can with a bottle. It also has measurement lines on the side if you are keeping track of milk/water intake.
-  [Thermos Foogo](#) – insulated straw cup for keeping things cold – secure lid closure too, to prevent spills!

### Utensils:

*Although there is a huge variety of toddler utensils, I recommend non-metal varieties until your toddler has mastered using a fork!*

- 💰 [Ezpz](#) Mini Utensils – a great first utensil set with fork, designed by a speech language pathologist/feeding specialist. I love this set because the fork is more like a spork, with rounded edges for safety as your child learns to navigate using a fork (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- [Grabease Self Feeding Utensils](#) – I like these as an alternate option to Ezpz for early on – they are smaller in size and have a non-metal fork that still actually works. Some of them are a little funky, but this one actually pierces things successfully

### **Bibs:**

*I prefer the more flat, smock-style bibs for toddlers, as they still help protect clothing during messy meals, but aren't bulky and don't get in the way of busy eaters. We want something that they don't mind wearing, so it's not a fight to put on.*

- [Bumkins](#) – these are great smock style bibs that aren't bulky or uncomfortable
- [Bapron Baby](#) – similar style to the Bumkins sleeved & starter bibs, which lay flat, allowing for a more natural eating experience for baby. Baprons tie between the shoulder blades instead of behind the neck, so they are less likely to feel restrictive. Think of it as a backless shirt!
- [Green Sprouts Bibs](#) – these are a personal favorite because of their price point, but also easy on/off use! They are a Velcro closure rather than a tie, so keep that in mind if your toddler is still pulling off bibs. Largest size says 12-24 months, but I find they fit for longer than that.

### **Food Items:**

*It can always be fun to throw a few of their favorites in as a stocking stuffer! Things like bananas, oranges, avocado, or even these!*

- 💰 [Puffworks Baby Peanut & Almond](#) Puffs – when we're talking puffs, these are the way to go! USDA Certified Organic, low in sodium, no added sugar (in the baby varieties). I still recommend the baby variety for this age group since children under age 2 should not have added sugar on a frequent basis or at all. (Use code **NUTRITIONMAMMA10** for 10% off any purchase)
- [Go Go Squeeze Applesauce](#) pouches – use for on the go or squeeze into a bowl at home to be served with a spoon! Go for unsweetened varieties
- [That's It fruit bars](#) – a great on-the-go option!

- 💰🥄 [Smashcake Mix](#) – these are packaged cake mixes designed just for little ones! No added sugar, minimal ingredients, safe to taste-test, and can be made with virtually any milk – even breast milk! A perfect option for serving baked goods to your little one. (Use code **NUTRITIONMAMMA15** for 15% off your order!)

#### Kitchen/Cooking Gadgets:

- [Learning Tower](#) – these come in many different varieties, but you really don't need anything fancy here! All you need is a safe standing place (aka not a chair that has no barrier to save them from falling)
- [Mini Cooking Utensils Set](#) – small enough for little hands and a great gift!

## For the Older Toddler (24-36+ months):

*If your toddler is nearing this age, you've likely seen signs of your child wanting to be more independent. Sometimes that means switching to a new seat at the table, upgrading to metal silverware, and allowing them to use kid safe knives to learn to spread things and cut! It also can mean upgrading to undivided plates, as they start to want ones that look more adult-like.*

#### Seating:

*Is it time for a new seating arrangement? Has your little one outgrown their high chair? Not always the most exciting holiday gift, but for a little one who's tired of sitting separately from the family in their high chair, or outgrowing it, it might be the best gift of better mealtime experience for everyone!*

My favorite booster seat is below. Make sure you also have a way for your child to still rest their feet.

- [Oxo Tot Nest Booster](#): this is great booster seat option! It does, however require a footrest to be placed underneath, as your child's feet will otherwise dangle, which often leads to shorter meals/wanting to get down. Something like [this](#) works great!

#### Bowls/Plates:

- 💰🥄 [Ezpz](#) – a nice variety of options at different sizes! The Mini Mat, Happy Mat, Mini Bowl, and Happy Bowl are all great sizes for this age! (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- [Bumkins plate without dividers](#) – this can help transition to an adult plate, but still offers the suctioning benefit

- [Wee Sprout undivided plates](#) – another great option without suction for when you’re ready to try a non-breakable plate for your older toddler!
- Constructive Eating: creative utensils and [plates](#) for food play

### Cups:

- 💰👉 [Ezpz Straw Happy Cup](#) – slightly larger cup for your growing toddler (8oz) (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 👉👉 [Lollacup](#) Straw cup with detachable handles; easy to drink from but is not spill proof
- 👉👉 [Thermos Foogo](#) – insulated straw cup for keeping things cold – secure lid closure too, to prevent spills!
- [Wee Sprout Open Cups \(10 oz\)](#) – a little larger in size but great for kids who are wanting a “big kid” cup

### Utensils:

- 💰👉 [Ezpz Happy Utensils](#) – the next step up! This one includes a kid-safe knife to use, too, and is a little more adult-like in the fork and spoon shapes! (Use code **NUTRITIONMAMMA** at checkout for 10% off)
- 👉👉 [Panda Ear](#) utensil set- I like this set because it’s a little more adult-like in nature for an independent toddler, but still has a grippy handle for little ones learning to hold utensils correctly
- 👉👉 [Munchkin Splash Fork, Knife, and Spoon](#) set – just another option, that does include a kid-safe knife!
- 👉👉 [Oxo Tot Fork & Spoon Set](#) – I love the small prongs on this fork – still effective, yet more rounded than some brands
- 👉👉 [Constructive Eating](#): creative utensils for food play – [tractor set](#) or [dinosaur set](#)
- 👉👉 [Silicone Mini Tongs](#) – These aren’t exactly utensils, but are a fun tool to re-engage your child in mealtime if sitting at the table starts to become a challenge.

### Bibs:

*Some families no longer use bibs at this age, but if you are, smock-style bibs for toddlers work great., They still help protect clothing during messy meals, but aren’t bulky and don’t get in the way of busy eaters. We want something that they don’t mind wearing, so it’s not a fight to put on.*

- 👉👉 [Bumkins](#) – these are great smock style bibs that aren’t bulky or uncomfortable
- 👉👉 [Bapron Baby](#) – similar style to the Bumkins sleeved & starter bibs, which lay flat, allowing for a more natural eating experience for baby. Baprons tie between the shoulder blades



instead of behind the neck, so they are less likely to feel restrictive. Think of it as a backless shirt!

- [Greensprouts Bibs](#) - these are a personal favorite because of their price point, but also easy on/off use! They are a Velcro closure rather than a tie, so keep that in mind if your toddler is still pulling off bibs. Largest size says 12-24 months, but I find they fit for longer than that.

### Food Items:

*It can always be fun to throw a few of their favorites in as a stocking stuffer! Things like bananas, oranges, avocado, or even these!*

- 💰👉 [Puffworks Baby Peanut & Almond](#) Puffs – when we're talking puffs, these are the way to go! USDA Certified Organic, low in sodium, no added sugar (in the baby varieties). A great way to continuously offer peanut and tree nut for repeated exposure! (Use code **NUTRITIONMAMMA10 for 10% off any purchase**)
- 👉👉 [Go Go Squeez Applesauce](#) pouches – use for on the go or squeeze into a bowl at home to be served with a spoon! Go for unsweetened varieties
- 👉👉 [That's It fruit bars](#) – a great on-the-go option!
- 💰👉 [Smashcake Mix](#) – these are packaged cake mixes designed just for little ones! No added sugar, minimal ingredients, safe to taste-test, and can be made with virtually any milk – even breast milk! A perfect option for serving baked goods to your little one. (Use code **NUTRITIONMAMMA15 for 15% off your order!**)

### Kitchen/Cooking Gadgets:

- [Learning Tower](#) – these come in many different varieties, but you really don't need anything fancy here! All you need is a safe standing place (aka not a chair that has no barrier to save them from falling)
- 👉👉 [Crinkle Cutter](#) – you will need to be careful with this tool, since the blade is somewhat sharp, but the tool is short and stocky, with a chunky handle so with help, it can be a great tool for mashing foods like banana, or teaching your child to cut
- [Mini Cooking Utensils Set](#) – small enough for little hands and a great gift!
- [Kid-Safe Knife Set](#) – This could be a great gift if your little one is loving being in the kitchen, and if you think they're ready to handle a knife.

## For Parents:

*The gift of safety is one that is priceless. If you've been meaning to sign up for a CPR/Choking prevention course, now is the time! Throw a slip of paper with the purchase info into a loved one's stocking as a gift to help keep your baby/toddler safe! We never think choking will happen in our home, but it can happen to anyone, anywhere, no matter if you're serving purees or finger foods, or if your child is 6 months or 4 years and beyond! I cannot stress enough the importance*



*of taking a class, and having access to refresh your skills/knowledge, like you do with this course (since they give lifetime access!)*

- 💰📖 [Thrive Training Institute's](#) course offers lifetime access, and is so thorough – goes into great detail without taking too long to complete, and offers printouts as well! (Use code **nutritionmamma** for \$10 off all CPR/Infant Choking prevention courses)