

Guide to Utensils

Choosing utensils for your little ones can be difficult and overwhelming with all of the products available now-a-days. This guide can help narrow things down so that you can choose what is best for your little one and your family.

Utensils can be introduced when little ones start eating – as early as 6-months! Spoons and forks can come in all shapes, textures, and sizes. It's important to choose utensils that are sized appropriately based on your child's age and developmental skill. It is also important to remember that utensils should only be used under direct supervision.

New feeders?

Start with silicone or plastic utensils that have a small, flat bowl. These spoons are perfect for baby's little mouth and sensitive gums. If your baby is having trouble taking food off of the spoon you can feed them from the spoon handle, which is typically narrower and flatter.

Transitioning to more independent utensil-usage?

Utensils with stoppers may be helpful to keep little ones from putting the spoon or fork too far into their mouths. Continue to offer soft silicone or plastic utensils. You may start to offer metal utensils with rounded/blunt edges with close supervision. Spoons with thicker handles are easier for little hands to hold.

Tips and tricks to encourage using spoons and forks:

- Put food on a fork or spoon and then hand it to your little one so that they don't have to scoop food independently
- Offer 3-4 utensils during the meal/snack for practice – this can help kids engage in mealtime and decrease refusals and throwing
- GET MESSY! Little ones will likely use their hands and utensils together and may prefer one over the other depending on which food is served

On the next page you will find specifically recommended spoons and forks. This is in no way an exhaustive list, but just some of our favorites! Always remember to adhere to the personalized recommendations made by your child's therapist.

Guide to Utensils

		
*NumNum PreSpoon GOOtenils	*Bumkins Silicone Chewtensils	*EZPZ Mini Utensils
		
*OlaBaby Soft-Tip Training Spoons	*Grabese Two Piece First Training Set	NUK Pretensil Dipper Spoon and Fork
		
Mushie Silicone Baby Feeding Spoons	*Munchkin White Hot Safety Spoons	Munchkin Lift Infant Spoons

*Spoons marked with an asterisk are recommended for new feeders

Guide to Utensils

		
Munchkin Raise Toddler Spoons and Forks	MamaLand Flexible Utensils	TalkTools Textured Maroon Spoons
		
Bumkins Silicone Dipping Spoons	*PandaEar Baby Spoons	BEABA First Foods Silicone Spoons
		
Bella Tunno Wonder Spoons	*The First Years Take & Toss Infant Spoons	Munchkin Soft Tip Infant Spoon

*Spoons marked with an asterisk are recommended for new feeders