

# First Solids, Teething & High Chair Basics

Getting ready for your baby's first bites and new milestones.

## Starting Solids (Around 6 Months)

- Signs of readiness checked with your pediatrician (sitting with support, head control, interest in food)
- High chair or feeding seat set up safely
- First foods planned (single-ingredient purees or soft finger foods, per your pediatrician's guidance)
- Introduce common allergens early and one at a time, as advised by your doctor
- Bibs, soft-tipped spoons, and easy-clean bowls on hand

## Teething

- Teething toys or chilled (not frozen) teethingers available
- Gentle gum massage technique known
- Signs of teething recognized (drooling, chewing, irritability)
- Pediatrician-approved pain relief options discussed if needed

## Development & Comfort

- Rolling over in both directions — babyproofing checked
- Sitting with support practiced during play
- Sleep routine adjusted as needed for developmental leaps
- Bath time and grooming routine established

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*This checklist is general guidance only and does not replace advice from your pediatrician or healthcare provider. Always consult a doctor for concerns specific to your baby.*