



Tips and tricks to help parents survive their summer fun & outdoor adventures

WITH **OHbaby!** *AND* **phil&teds**
adaptsurvive!

We asked the experts (our OHbaby! readers 😊), for their best baby feeding tips for parents on the go. Here they are – don't leave home without them!

- ✓ Pack a lunch box full of different small snacks to keep baby busy.
- ✓ A self-heating bottle can make life a lot easier when out and about.
- ✓ Colouring in books & pencils from about one-year old are a brilliant distraction for when you're out and about and can't keep them entertained.
- ✓ During summer make mini ice cubes for your little one to munch on - keeps them hydrated, cool & interested in mealtimes if they are at that fussy stage!
- ✓ For healthy snacks try steaming or roasting extra vegetables the night before and chill in the fridge or freeze, to take with you the next day: peas, corn on the cob, carrots all work well.
- ✓ Changing up the style of food container and sippy cup keeps mealtimes fun and fresh.
- ✓ Gel ice packs and a mini cooler bag are easy to use, reusable and compact and keep baby food fresh and cool all day.



- ✓ Eat out early before places get full, and aim to eat around your family's normal meal time, otherwise kids get too hungry and grumpy!
- ✓ Take a clean, pre-water soaked dishcloth and/or facecloth in a zip lock bag to make wiping hands, face and table easier.
- ✓ A decoy spoon! Giving baby his own spoon to hold stops him grabbing at the one you're feeding him with and flinging food at people near you!
- ✓ For toddlers, go somewhere they can run around because they will not sit still unless they're hungry and eating!
- ✓ To warm milk on the move, carry a thermos of boiling water and a deep container to pour the boiling water into. Dip the bottle in the container to heat it. Easy to do anywhere and fast!
- ✓ Prepare a bulk lot of homemade baby food and store in Kai carriers or similar - have some in the freezer to grab before you go out.
- ✓ Take a phil&teds lobster highchair and remember to never keep a hungry child waiting too long for food!