



# Baby Jogging Stroller

## Eat and Drinking

**Breast milk is the best food for your baby in the first few months of life,** because it provides precisely the nutrients your little one needs for his or her development.

This is why the National Breastfeeding Commission recommends exclusive breastfeeding for the first four to six months.

From around the 5th month, you can then slowly start with complementary foods, gradually replacing breastfeeding with three complementary foods.

But don't worry, you can continue to breastfeed your baby as long as it is good for both of you.

From the first birthday at the earliest, solid food should be fed (exclusively). You can slowly get your baby used to this from the 8th month. The best way to do this is bread in bite-sized pieces or oatmeal with crushed fruit for breakfast.

Basically, every child is individual. Therefore, orient yourself to what your and take your time getting your little one used to solid food.

## EAT AND DRINK LIKE THE BIG ONES

Eating learning cutlery  
[Eating utensils](#) with suction cup for attachment to the table  
Learning to drink cup  
Bib

## For breastfeeding

2-3 comfortable [nursing bras](#) or nursing Bustiers  
2 [nursing shirts](#) and scarf  
Nursing pads  
Nursing pillow incl. changeable cover  
[Nipple cream](#)  
Breastfeeding tea or fennel tea  
[Breast pump](#) with suitable accessories  
2 bottles (150ml) with age-appropriate teats  
nipples  
[Burp cloths made of molton](#) or gauze

## For bottle time

Milk powder portioner  
6 [milk bottles](#) with 6 milk suckers in size 1  
Bottle box and bottle stand  
Bottle brush  
Thermos bottle  
[Bottle warmer](#)  
Sterilizer  
2 size 1 teats  
Spit-up cloths or bibs  
[Tea for babies](#)

Learning to drink cup  
Bib  
[High chair with age-appropriate seat](#) insert and eating board  
Baby food maker