

MY FAVORITE THINGS



East Valley Feeding
Therapy, LLC

Whether you're just starting solids, navigating picky eating, or looking for tools that actually make mealtimes easier — this page is for you. Everything here is something I genuinely use and recommend with the families I work with.

These are not affiliate links, just links to show the products I use. You will need to copy and paste the links into your browser.

Chairs & Seating:

Good positioning is the foundation of successful eating. When a child is properly supported — feet flat, hips stable, and trunk upright — eating becomes physically easier and less tiring. These are the chairs, boosters, and seating supports I recommend to help your child feel secure and ready to eat.

Stokke Tripp Trapp High Chair -available at Amazon but look on Facebook Marketplace for used ones, I see them all the time. Great trunk and foot support! It allows your child to get to the table and stay there because they are well supported.



Mamazing GrowPod Pro Wooden Baby High Chair for 6 Months to 300lbs- this is a newer model and I am loving all things about it!



Graco Blossom 6 in 1 Convertible High Chair, Redmond-a good all around high chair offering trunk and foot support. It has a variety of different heights and uses as well.



Peg Perego Siesta, Grow with Baby Folding High Chair & Recliner, Height Adjustable, Quick Clean & Easy Push Wheels for Babies & Toddlers- this one is more of a true high chair and a bit pricey but if you are investing in a high chair and possibly having more children this is a good one that will last and all parts can be cleaned!



Chewy Tubes & Oral Motor Tools :

These tools aren't just for chewing — they support the development of the oral motor skills children need to manage a wider variety of foods safely and comfortably. Whether your child needs help building jaw strength, tolerating new textures, or simply calming their sensory system before a meal, there's something here for them.

There are too many chewy tubes to list here. What you want is something that your child can hold and when the chewy portion is placed into their mouth it is a stick shape. Think long and thin. Most come with a hollow tube that also allows the child to get sensory feedback when chewing on them.



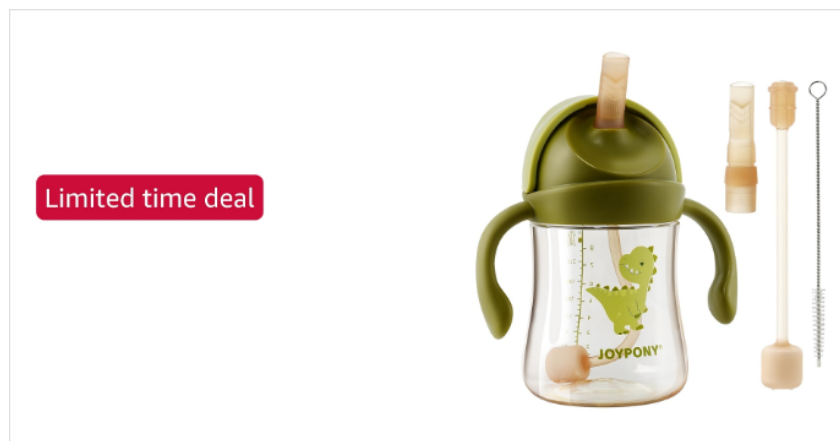
Cups :

Learning to drink from a cup is its own skill — and the right cup at the right stage makes a real difference. From transitional sippy cups to open cups and straw trainers, these are the options I trust to support healthy oral development without creating habits that are hard to break later.

Honey bear straw cup- for learning to drink from a straw, I prefer the clear bottle so you can see what is happening with the liquid inside the container.



Joypony Sippy Cups for Toddlers-found on Amazon. This has a weighted straw which stays on the bottom even if your child tips it. It also prevents a large flow of fluid which can cause choking.



SAMiGO Silicone Sippy Cup, Baby Straw Cup for 6, 12, 18 Months, Sippy Cup with Straw for Toddlers – I like that this one has a window for measuring liquids. This is helpful if you are never sure how much your toddler drinks.



OPEN CUP: SAMiGO Silicone Baby Cups– great for helping with open cup drinking



Spoons & Utensils:

The right spoon can completely change how a child experiences mealtime. These are my go-to picks for self-feeding, spoon-feeding by caregivers, and everything in between — chosen for their size, shape, and how they feel in little hands and mouths.

PandaEar 6 Pack Silicone Baby Spoons–there is a grabber and a regular spoon for learning self-feeding skills.



Miscellaneous

The tools that don't fit neatly into a category but are just as useful, these are the extras that help make mealtimes feel calmer, more predictable, and a little more fun.

For messy eaters and kids that toss to the ground-CATCHY - Food Catcher - Compatible with Abiie Beyond Junior High Chair + 12 Other High Chairs - Highchair Sold Separately - Baby & Toddler Food & Mess Catcher - Under High Chair Accessory



Kid safe tools for use in the kitchen. I recommend all children help with food prep and this set makes it very easy to let them work with knives and peelers.



A Standing tower–this allows kids to get up to the counter to see and interact with food. This one has an adjustable height, look for one with the features that work best in your home. You want one that will grow with your child and keeps them safe while standing.



Have questions about a specific product, or looking for a recommendation you don't see here? Reach out — I love hearing what families are trying and am always happy to help problem-solve for a smoother mealtime.

