

# YOUR BABY'S FEEDING AND GROWING YEARS

HOW MUCH  
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MY BABY  
HATES TO BE  
IN A STROLLER



# New Product

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THE NEW AGE PARENTS  
*Your Baby's Feeding and Growing Years*

# The New Age Parents Team

## **Editor**

Michelle Ang

## **Art Director**

Michelle Ang

## **Marketing Head and Advertising Sales Director**

Elaine Lau

For advertising enquiries, email us at  
[advertise@thenewageparents.com](mailto:advertise@thenewageparents.com)

## **Web Development Director**

Seow Poh Heng

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# How Much Food To Feed Baby?

One of the biggest fears new parents might have is whether their baby is eating too little or too much. A rule of thumb is to observe baby's eating cues. Over time, you will know when they are hungry or full.

The below food schedule is a general guideline by KK Women's and Children's Hospital. Some babies may require more or less than the average amount. Monitor your baby's growth and consult your baby's doctor or a dietitian if you need professional advice on feeding.

	6 MONTHS	8 MONTHS	10 MONTHS
<b>On rising</b>	Breastfeed/ 150–180ml milk	Breastfeed/ 180–240ml milk	Breastfeed/ 180–240ml milk
<b>Breakfast</b>	1 dsp of iron-fortified infant cereal Few tsp of water	3 – 4 dsp iron-fortified infant cereal Few sips of water	3 dsp of oatmeal ¼ of an egg (well-cooked) Few sips of water
<b>Mid-morning</b>	Breast- feed/150–180ml milk (some babies may skip this feed)	¼ - ½ small banana Few sips of water	½ small banana 1 baby biscuit Few sips of water
<b>Lunch</b>	1 dsp of iron-fortified infant cereal Few tsp of water	½ bowl rice porridge with 2 tsp finely minced meat and 1 dsp of finely chopped broccoli (medium con- sistency, with small, soft lumps) Few sips of water	1 bowl rice porridge with 1 dsp minced meat and 2 dsp of cauliflower and carrots (thick consistency, with small lumps) Few sips of water
<b>Mid-afternoon</b>	Breastfeed/ 150–180ml milk	1 mashed potato 1 dsp mashed carrot 1 dsp of mashed baked fish. 4 tsp scraped papaya Few tsps of water	Breastfeed/ 180–240ml milk ¼ small apple 1 small cube of cheese ½ slice of bread Few sips of water
<b>Dinner</b>	Breastfeed/ 150–180ml milk	½ egg-size potato 1 dsp carrot (mash with small amount of breastmilk or formula milk to appropriate)	4 dsp of macaroni (soft and chopped to small pieces) 1 dsp of fish 2 dsp of spinach. Few sips of water Breastfeed or 180 – 240ml milk
<b>Bedtime</b>	Breastfeed/ 150–180ml milk	Breastfeed/ 180–240ml milk	Breastfeed/ 180–240ml milk
<b>Night</b>	May wake for 1–2 night feeds	May wake for 1 night feed	
<b>Remarks</b>	Average 750ml of milk per day if on expressed breast milk or formula milk		

## How do I know if I am feeding my baby enough?

Healthy babies generally eat just the right amount. Pay attention to your baby's feeding cues to check if they're eating enough. Note that your baby's feeding patterns will change as they grow.

### Signs that your baby wants to continue eating:

1. Leaning in for the spoon
2. Opening of mouth
3. Grabbing for food

### Signs that baby is full:

1. Closing of mouth when spoon is near
2. Turning of head when spoon is near
3. Spitting out food

## Introducing Solids

Most experts recommend introducing your baby to solids after 6 months. Babies should be breastfed for the first 6 months of their life.

Introduce solids gradually. Start with one feed a day and gradually increase the quantity. The first food

should be a smooth puree and of a bland taste, with a consistency slightly thicker than milk.

Wait two or three days before offering another new food. Take note of the new foods you introduce, so that you can trace back to what your baby ate in case of any allergic reaction.

If there is family history of allergies, check with your doctor to determine the best strategy for introducing allergenic foods like eggs, milk, peanuts,



## Foods to avoid



• **HONEY** Taking honey in a young infant can lead to infant botulism. This is due to spores of *Clostridium botulinum*, which causes botulism. In a baby's intestinal tract, the spores can grow and produce life-threatening toxins.

• **COW OR SOY MILK** Your baby can't digest the protein in cow or soy milk for the first year and both milk doesn't

have all the nutrients baby needs. Choose infant formula or follow-on formula instead.

• **LARGE FOOD CHUNKS** These can be a choking hazard. Vegetables should be cooked and cut up into bite-size pieces as tolerated by your child. Cut fruits up before serving. Shred or cut meats into thin slices or small pieces.

• **HARD FOODS** Hard sweets, nuts, and popcorn are potential choking hazards. Seeds may be too small

to choke on but can get stuck in a child's airway.

• **STICKY SOFT FOODS** Avoid soft, sticky food, like marshmallows and jelly or gummy bears that might get lodged in your child's throat.

• **FISH** Avoid shark, swordfish, tilefish and king mackerel as these are found to have higher levels of mercury. Eat a variety of fish and check with local advisories such as AVA for any updates on safety issues.

wheat, soy, tree nuts, fish, and shellfish.

When introducing your baby to new tastes and textures, consider this transition: offer pureed or semi-liquid food first, then strained or mashed food, and finally small pieces of finger foods.

## Feeding Time is Bonding Time

Look your baby in the eye and talk to him about the food he's eating. Feeding time is an opportunity to connect and communicate with your baby. It helps build your sense of security and trust.

## IT'S A STEEL

Munching on the go? The Munchkin Shine™ & Snack+™ Stainless Steel Range offers safer, more durable alternatives to plastic or glass products. They are safe, free from BPA and PVC, and 100% recyclable. **This Munchkin Snack+™ Stainless Stain Snack Catcher (\$29.90)** can keep your little one's snacks fresh for home, day care or on-the-go.



# Must-Have Items For Baby's Mealtime



Mealtimes can be fun, but can be stressful if you are not well-equipped. Done right with a positive attitude, mealtimes can be a joy for both you and your baby. Here are items that can make your baby's mealtimes easier.

## 1. Silicone Spoon

A silicone spoon is a great tool to introduce first foods to a baby. It does not feel excessively warm or cold, and is comfortable to chew on when baby learns how to manoeuvre foods from a spoon into his or

her mouth. This is unlike metal spoons which can retain too much heat from hot foods. Plastic spoons can be too hard on your child's tender gums. A silicone spoon feels just soft enough to be bitten on, and sturdy enough for all sorts of mealtime action.

## 2. Feeding Bowls

Babies tend to swipe everything that comes their way and you would want to keep the feeding bowl where it should be. Feeding bowls that isn't too shallow and with suction cups at the bottom will prevent food spillage. Here's a simple DIY tip: If your feeding bowls don't have suction cups at the bottom, buy individual round suction cups and glue them at the end of the feeding bowls.

## 4. Small Cup

The earlier a baby learns how to hold onto a cup, the sooner you can relieve yourself of feeding duties. A small, silicone cup that can be easily washed, resistant to breakage, and sized to fit small hands are best at training a baby to hold a cup. Don't be afraid to fill it up with a small quantity of water to let your baby have a go once he or she is developmentally ready to hold larger objects.

## 5. Picnic Mat

Placing a large picnic mat with an easy-to-wipe or washable surface under the highchair is a great way to help contain the mess after mealtimes. Instead of scrubbing the floors after mealtimes, all you need to do is hoist the mat up, discard the bits and pieces of food, and wipe or hose it down easily.

## 6. Absorbent bib

For young babies who are just starting to learn how to swallow, a lot of the food ends up around the mouth and onto their laps. An absorbent bib would save you from having to use copious amounts of tissue to wipe their mouths. There's a ton of washing to do when it comes to babies, and it helps if the bib is absorbent enough to do most of the clean up during mealtimes.



## 7. Thick Baby Wipes

Invest in thick and eco-friendly baby wipes if you can. These are absorbent, and one piece is often more than enough to clean up bits of food stuck in your baby's hair, on their clothes or in between grubby fingers.

## 8. Alcohol-free Sanitiser

If you are out and need to disinfect your hands and baby's hands quickly but there is no water or soap available, dish out some alcohol-free sanitiser. Alcohol-free sanitisers aren't protective against viruses, but are protective against most bacteria.

## 9. Highchair

Purchase one that does not have fabric to save yourself the hassle of washing out stained fabrics. When it gets messy, you can wipe or hose a fabric-free highchair down. Choose highchairs that can grow with your baby, with detachable feeding tables, adjustable seats and footrest to match your baby's size as they grow. Highchairs with footrest are much better in helping your babies focus on eating. It makes a difference in keeping your child comfortable and rested during mealtimes.

## OPEN WIDE

### Munchkin Silicone

**Spoons 2 Pack, \$12.90**

Munchkin's Silicone soft-tip infant spoons are a colorful way to start off solids with baby. Made of odor-resistant silicone and BPA-free, each spoon has a rounded shape and soft, silicone tips to be as gentle as possible on baby's delicate gums. These spoons were designed with mums in mind too! They're comfortable to hold and just the right length to reach the bottom of the baby food jar or feed in a high chair. Suitable for babies 3+ months and above.



## BOTTOMS UP

### Munchkin Mighty Grip Flip Straw Cup

**10oz, \$11.90**

This BPA-free Munchkin cup comes with a soft, silicone straw and 100% leak-proof guarantee. The ridged, contoured design cups make it easy for small hands to grip. You don't have to worry about wiping up another puddle in the house again! Suitable 12+ months and up.



## BOWLED OVER

### Munchkin Multi Bowls 5 Pack, \$9.90

You can start building your toddler bowl collection with this convenient five-pack. They're deep with tall sides – great for holding meals or snacks, and perfect for dipping little fingers into self-feeding territory. With their sturdy, flat bases, these matching BPA-free and microwave safe bowls can go from table to high chair or anywhere in between. Suitable for babies 6+ months and up.

*Items available online at  
[www.infantino.com.sg](http://www.infantino.com.sg).*



# 5 TRICKS FOR BURPING BABY

## **#1 Reduce air during feeding**

Keep baby raised during feeding. Breastfed babies with a proper latch-on are less likely to be 'drinking' too much air since the breastmilk supply is regulated by baby's sucking. For bottle-fed babies, be sure to choose the right bottle teat and an anti-colic bottle that can release trapped air in the bottle.

## **#2 Burp regularly**

Burp when changing from one breast to the next and at the end of the feeding session. For bottle-fed babies, burping is usually

halfway through the formula milk feed (after 60 to 90 ml) and at the end of feeding. Do not burp baby halfway through the feed if he is crying for the milk.

## **#3 Burp over the shoulder position**

This position involves placing baby over your shoulder in a slightly forward position and burping him by rubbing or patting his back. Place a cloth over your shoulder to prevent spit up milk staining your clothes.

## **#4 Burp in a sitting position**

Sit baby on lap, lean him

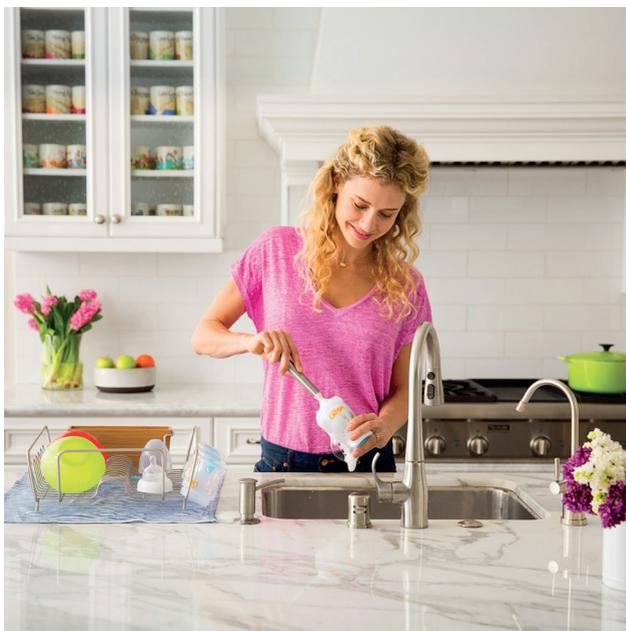
slightly forward and support his chest and chin by using one hand. Be sure that your hand does not grip baby's throat. Pat baby's back with your other hand and face him away from you.

## **#5 Burp in a face-down position**

This involves placing baby on your lap, with head raised at a higher level with your thigh. Be sure that baby's head is slightly tilted to one side so that any spit will go out of his mouth.

When baby reaches about six months old, it is quite safe to stop burping, especially if he can finish a feed without any fussiness. However, if baby is spitting up forcefully and persistently, it may be a digestive problem that warrants medical attention.

# CLEANING BOTTLES AND SIPPY CUPS



## Steps to washing a sippy cup by hand

- Rinse cup immediately after use
- Disassemble all parts of sippy cup
- With warm soapy water, use the right cleaning tool to scrub each part thoroughly.
- Rinse thoroughly with clean water to get rid of residual soap
- Air-dry the parts
- Store them only when

parts are dry

Long, thin brushes are great for cleaning sippy cups as they can reach tough tricky spots. The durable bristles of **Munchkin Shine™ Stainless Steel Bottle Brush (\$26.90)** can clean crevices thoroughly without scratching them; from the bottom of the cup, to inside the mouthpiece and in the groove of the rubber stopper. The base

allows the brush to be kept in an up-right position for quick drying and storage.

## Steps to washing a sippy cup by dishwasher



- Disassemble all parts of sippy cup.
- Place the parts on the top rack of the dishwasher. For smaller parts, place them in a dishwasher basket to prevent them from dropping.
- Items placed in the top rack of the dishwasher receive a gentler wash than those placed in the bottom section.
- Use detergent that is free from chlorine
- Set the washer to heat rinse cycle
- Air-dry the parts

■ Store them only once the parts are dry

## DRY IT OUT

It is important to make sure every part of the cup is 100% dry, to prevent any liquids from being trapped. Air drying is a recommended for drying baby bottles and the easiest way is to let them dry naturally on a drying rack while excess water can flow down into the drip tray.

The moveable drying pegs of the **Munchkin Shine™ Stainless Stain Bottle Dryer (\$59.90)** allows you to customise your rack and dry up to eight bottles and other accessories at the same time. All you have to

do is place the lid, rubber pieces and cups upside-down.

## STERILIZING

It is recommended to sterilize your baby bottles before use, for at least the first 12 months of your baby's life. Always wash your hands thoroughly before touching equipment that has been sterilized. Here are a few sterilization methods:

### 1. Electric Sterilizer

Not only can electric sterilizers kill germs and bacteria in baby bottles and sippy cups, they can also deodorize and dry your bottles.

### 3. Boiling water

Boiling is the traditional way to sterilize bottles and cups. Once all the cups and bottles have been washed, submerge all parts completely in boiling water for at least ten minutes. This method is best for sterilizing glass baby bottles and BPA-free plastic bottles.

### 2. Microwave Steam Sterilizer

You will need a microwave for this type of steamer. Add water in the steam sterilizer and put it in the microwave. How long the sterilizer stays in the microwave depends on your microwave's wattage. Check the instruction manual of the steam sterilizer before use.



# Going Out With Baby: **What Might Happen**



As a new mother, something as routine as changing a diaper in public can be a source of stress. While this can be lessened with practice, it pays to know what might happen while you're out with a young charge, and what to do when something comes up.

### DIAPER LEAKS

Make sure you well-armed to clean up any mess. Babies can make a lot of waste and frequently too. Diaper leaks are very common and the mess tends to come out of the sides and even ride up the backs to stain their clothes, and sometimes your clothes. Try out diapers from different brands to see which one best contains leaks. Pack extra clothing for both of you, one diaper for every hour that you are out, a full pack of baby wipes, waste

disposal bags, a changing mat and even an extra sling, wrap or baby carrier if you can, because these leaks can happen whilst you are baby-wearing. If your baby takes the stroller, bring along stroller liners to help contain the mess should a diaper leak.

### BRING LIGHT ENTERTAINMENT

At some point, you are likely to stay put, either to rest your feet or have some food and drink. But your baby might not like to stay put for long and may protest if you stop moving. To buy yourself some peace and time to rest, bring light entertainment along. Opt for lightweight or fabric rattles, soft baby books that rustle when flipped or squeezed. If your baby is old enough and is teething, individually wrapped teething pegs can keep them busy too.

### YOUR BABY NEEDS FOOD

Plan your journey out and head to a mall where clean nursing rooms are available. Nursing rooms are a lifesaver if you're a new nursing mother. Do a search on the web for nursing room reviews and plan your journey

accordingly. A clean nursing room with good facilities will make your outing less stressful. Mothers who need to warm up milk bottles may find nursing rooms very useful as well. The better rooms even have hot water dispensers and washing facilities.

### OVERWHELMED IN PUBLIC

Babies cry when they need to communicate their needs. At times, they may get overwhelmed by all that is happening around them. Your best bet is to head to child-friendly places where people are likely to help you out, or to parks. Hopefully with open spaces, trees and a breeze, this may help to stimulate your little one enough without overwhelming him or her.

Anticipating what may happen when you are out with your baby and knowing what to do will to make your outing a more pleasurable one. Don't be afraid to ask other parents for their experiences too. Gradually with practice, you'll be more confident in making that first step out of the door after your baby is born!



# MY BABY HATES TO BE IN A STROLLER!

What's a mum to do if baby hates being in a stroller? Here are 6 stroller-saving tips!

**1** *Let your baby face you*

Not all strollers are made equal. Some are more aesthetically pleasing than others, and you might be tempted to buy them. Choose function over form. What can come in really handy is the option to

reverse the handle of the stroller, such that your baby faces you when you are pushing the stroller.

This way, your baby can see you and know that you are there, and that may help ease the anxiety of being in a stroller. Some strollers that can go in both directions may not be easily manoeuvred in the reverse mode, so try the strollers out before you buy them.

### 2 **Comfort is key**

The heat and humidity in Singapore can get to most of us, let alone our babies in strollers. Make sure that the seat is lined with fabrics that help to disperse instead of retain heat. Look out for those that come with vents at the back that can be flipped open for ventilation. Get a stroller that offers a good range of motion for its reclining seat. This gives you a higher chance of finding that sweet spot for your baby to rest on. You can also attach a battery-operated fan with foam blades to help your baby stay cool.

### 3 **Talk to your baby**

Sing to your baby and point out different things that are in sight while they are in the stroller. This lets them know that mummy is around, and is doable if you aren't preoccupied with running

errands. You can also try attaching toys at the front of a stroller to entertain your baby.

### 4 **Offer snacks**

If your baby is old enough to sit upright and can have

bite-sized pieces of food, prepare a variety of healthy snacks to distract your baby from the distress of being in a stroller.

### 5 **Timing is everything**

Find what makes your child more willing to go in the stroller. For some children, it could be because they were feeling cranky and stressed over something. Watch your baby's cues and learn what makes the happy or unhappy to be in the stroller.

### **When all else fails...**

A baby carrier can be quite handy in situations when you're out and your baby does not want to be in a stroller. Don't risk having to carry a wriggling baby in one arm, and pushing the stroller with another. This can be dangerous if you can't manage both at the junction of busy roads for example. You can use the carrier and place your diaper bag in the seat of the stroller. Try putting your baby back into the stroller again when you have the opportunity to do so. It's all about practice, for both you and your baby to get used to the stroller. Having a baby carrier on hand might make the learning process less stressful.

## **A SMOOTH RIDE**

### **The *Bonbijou LUXOS Stroller* (\$399.00)**

reversible handle allows you to look at your little one while navigating busy streets and bumpy terrains. Plus the extra-spacious seat allows your baby to stretch out for comfort. Suitable from birth up to maximum weight of 25kg.



# Can I Bring My Stroller Up the Bus?



Parents in Singapore don't have to fold their strollers when they board the bus anymore. From 2 April 2017, open strollers are allowed onto public buses, except when it is crowded.

## New relaxed rules

This announcement by Singapore Land Transport Authority (LTA) serves to make travelling with young children on public buses more convenient. In line with the government's efforts to create a more inclusive public transport

network, other commuters are encouraged to be patient if parents with open strollers take a longer time to board buses.

However, there are safety guidelines parents need to take note of when boarding the bus with strollers.

## 1. PRIORITY QUEUES

You should wait at the priority queues at bus interchanges. The general order for passengers to board is wheelchair-bound passengers, passengers with strollers and then other passengers.

## 2. WHEELCHAIR ACCESSIBLE BUSES

While all public buses allow open strollers, you are encouraged to bring them onto wheelchair accessible buses as they are designed for easier boarding and offer more space. Wheelchair accessible buses will have a wheelchair decal on the front windscreen.

## 3. BOARD BY THE FRONT DOOR

The rear door should only be used if the stroller is unable to fit through the front door. If you need to board by the rear door and/or use the ramp for your stroller, approach the bus captain for help.

## 4. FOLDING OF STROLLERS IN CROWDED BUSES

If the bus is already crowded before you board, the bus captain may request for you to fold your stroller. However, if the bus gets crowded when your stroller is already on board, then you will not be required to fold it.

## 5. DESIGNATED WHEELCHAIR SPACE

Park your open stroller in the designated wheelchair space and make sure to use the brakes to secure your stroller, to prevent it from

rolling around. However, remember that passengers in wheelchairs will still be given priority.

## 6. PREVENT OBSTRUCTION

Avoid parking your stroller along the aisle, near the entry and exit points and the upper decks of a double-decker bus.

## 7. DIMENSIONS OF OPEN STROLLER

Your open stroller should not exceed 1.2m (length) by 0.7m (width). If it is unable to fit through the doorway of the bus or the bus is too crowded, it will need to be folded up before boarding and alighting.

## 8. RESPONSIBILITY FOR YOUR CHILD'S SAFETY

You are responsible for your child's safety, including during boarding and alighting. Be alert and hold on tightly to the open stroller during your journey.

If you commute often on a public transport, choose strollers with these features:

- Lightweight yet sturdy
- Easy to manoeuvre
- Foldable with one hand
- Able to stand on its own when folded
- Able to roll while folded
- Lower compartments for storage

## STROLL LITE

*Bonbijou Lucas Lite Weight Stroller* (\$299.00) compact and lightweight design makes moving around with your baby so much easier. Weighing only 5.4kg, the 5-point harness makes sure your baby is securely strapped in, and the full canopy protects your little one from harmful sunrays. Your baby's comfort is well taken care of with thick moulded seat pads and back support holes for better ventilation. Suitable from birth up to maximum weight of 20kg.



# How To Encourage Your Toddler To Drink Up



Water is essential in our daily diet. According to Singapore's Health Promotion Board, toddlers age 1 to 2 years old need at least one to three 250ml glass of water per day. Preschoolers age 3 to 6 should have at least three to five 250ml glass of water per day. Your toddler and preschooler should also consume two more glasses of fluids such as soup, porridge or milk a day.

to challenge them to drink to that level. This is a great visual motivation for them.

## 2. Grab a fun cup or bottle

Having a special cup keeps them interested in drinking water. The more sense of ownership they have, the more they will not see drinking water as a chore but be encouraged to use their own cup. If your daughter

	250 ml glass of water per day	250ml glass of total fluid intake per day
<b>1 to 2 years</b>	1 - 3	4 - 6
<b>3 to 6 years</b>	3 - 5	5 - 7

Source: Health Promotion Board

But what if your child does not like water? Here are fun ways to encourage him to drink up.

### 1. Make it fun

Make drinking water a fun activity. You can add colourful bands to the base of their cup, or mark certain lines on his bottle

loves princess, try telling her "princess water" is important for her to drink every day and how it is made specially for her. It might just work!

### 3. Use coloured straws

Sip time can be playtime too. Sippy straws that are flexible or long enough to "follow"



## LOCKED AND LOADED

Store water, milk or juice in **Munchkin Click Lock™ Weighted Flexi-Straw Cup (\$13.90)**. The clever design allows your toddler to hold it like a bottle but drink from a straw. The weighted straw cup dispenses liquid from any angle, and with the flip top lid and Click Lock® functionality, it is also perfect for use on-the-go. Suitable for 6+ months and up.



## GRIP ON

Don't want to clean up your toddler's spills? Here's a sippy cup that won't slip! Designed with ridges and a contoured shape, **Munchkin's Mighty Grip® Trainer Cup (\$11.90)** is leak-free and super easy for baby and toddler hands to grip. This 8 oz BPA-free trainer cup is suitable for 6+ months and up.

your child's drink to the very last drop can be fun. Or try alternating with different coloured straws.

#### 4. **Set up a reward system**

Little rewards can really encourage kids and keep them motivated. Giving them stickers to paste on their water bottle after drinking up can serve as reminders for them to continue this habit. Establish goals so that they will have a schedule to follow and be motivated to meet their daily water needs.

#### 5. **Infuse it with fruits**

If your child does not like the taste of plain water, punch it up with natural light flavours. You can add in a slice of citrus fruits like fresh orange or lemon. The delicious flavours can be very refreshing. To make it fun, consider freezing fruits in ice trays with cute moulds and add it into their water.



#### 6. **Lead by example**

The most important thing for parents is to lead by example. From mimicking your actions to eating vegetables and drinking water, your child takes after

you whether you realise it or not. If they do not see you drinking it, they will not want to too!

*Items are available online at [www.infantino.com.sg](http://www.infantino.com.sg).*



#### **BOTTOMS UP**

If your toddler is able to navigate cups without handles, and can drink more liquids, this calls for an upgrade. **The Munchkin Miracle 360° Sippy Cup (\$18.90)** eliminates messes and helps support muscle development in your child's mouth. With no extra spouts, straws or pieces, the Miracle 360° Cup is easy to use and even easier to clean. Suitable for 12 + months and up.

# Best Seller

## Bonbijou Luxos Stroller



BEFORE: \$499

NOW: \$399

### Compact, lightweight & smooth

Head for the bright lights with the Bonbijour LUXOS stroller. Its compact and lightweight design, slim and stylish wheels and front and rear suspension makes for a quicker and smoother ride.



Scan the QR code for more information on the stroller

# munchkin<sup>®</sup>

It's the little things.<sup>®</sup>

