

Baby Led Weaning



What is baby led weaning?

Instead of offering baby only pureed foods, offer small pieces of regular food as they can safely handle it. With some modifications, baby can eat what the rest of the family eats.

What are the benefits of baby led weaning?

- Allows baby to be a part of family mealtimes.
- Helps infant to become familiar with foods that the family eats.
- Saves time and money.
- Helps infants develop fine motor skills.

When can baby led weaning be started?



Start introducing solid foods around the 6-month mark. Each baby is different! Watch for these signs to see if your baby is ready to try solid foods:

- Baby can sit upright by themselves or with minimal help.
- Baby has control of their head and neck.
- Infant shows interest in food and the tongue-thrust reflex is gone (they don't instantly use their tongue to spit food out of their mouth).
- Baby is reaching for objects.

What foods should I start with?

- Nutritious foods (whole foods rather than processed foods are preferred).
- Soft foods (avoid hard, chewy, or sticky foods).
- Room temperature foods.



What foods/ drinks should I focus on feeding my baby for baby led weaning?



- Texture is very important! Serve foods that you can easily mash between your fingers. This will allow your baby to get the food without becoming frustrated and help prevent choking.
- Strips about 2 adult fingers wide work well. This allows your baby to hold the foods easily.

Category	Try these foods
Fruits	<ul style="list-style-type: none"> • Slice of ripe banana • Slice of ripe avocado • Canned pear slice
Vegetables	<ul style="list-style-type: none"> • Cucumber stick, skin on to keep it together • Steamed carrot stick • Steamed sweet potato fingers
Proteins	<ul style="list-style-type: none"> • Smooth yogurt • Tender strip of beef • Omelet style eggs cut into strips
Grains	<ul style="list-style-type: none"> • Strip of toast, no crust • Oatmeal

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