

Baby Led Weaning Resources

Solid Starts

Website: <https://solidstarts.com>

App: Solid Starts App

Tinyhood

Website: <https://www.tinyhood.com/classes/baby-led-weaning-a-new-philosophy-for-starting-solids>

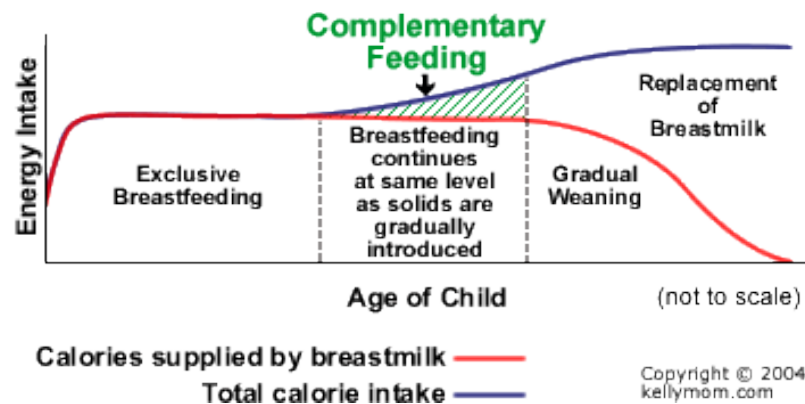
Huckleberry

Website: <https://huckleberrycare.com/blog/solid>

App: Huckleberry

KellyMom

Website: <https://kellymom.com/nutrition/starting-solids/solids-how/>



Baby Led Weaning Tips and Tricks

SHAPE

Goal: Make the food into a shape that baby can successfully bring to his or her own mouth.

How to do it:

- + Start by cutting soft foods into large strips or spears large enough so baby can wrap his hand around them (meat patties, ripe fruit, cooked potato, or squash wedges, toast).
- + For smaller food, let baby play with the food on the tray or table. Small foods, like grains of rice or noodles, will stick to the open palm, which baby can then bring to his or her mouth and lick off.
- + When in doubt, mash it with a fork. If a new food is making you nervous to try, it is okay to mash it with a fork to soften or flatten the shape before offering to baby.

TEXTURE

Goal: Start with softer foods and offer harder foods as baby seems ready.

How to do it:

- + Start with cooked vegetables, proteins, and grains, so they are soft. For example, toasted bread holds its shape better than non-toasted bread and avoids getting too gummy in baby's mouth.
- + Slather grains like bread with oil, butter, nut butters, and dips to soften bread.
- + Avoid hard raw fruits, like apple pieces, which can present a choking hazard. Stick with baked apples or softer raw fruits like peaches to start.

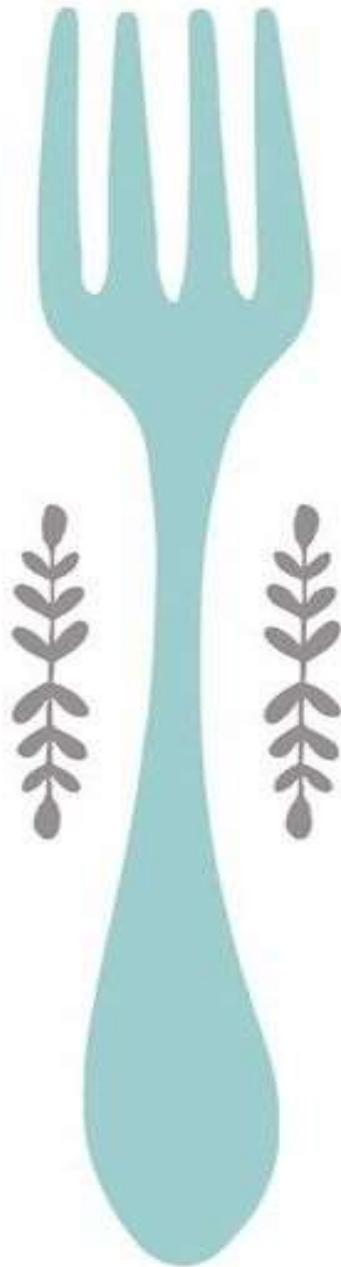


GRIP

Goal: Make food easier to hold so baby can feed self independently.

How to do it:

- + Roll slippery foods, like avocado, in infant cereal to soak up some moisture and create a better grip.
- + Leave on part of the peel or rind of fruits like banana, watermelon or mango to give baby something to hold.
- + Offer a mostly empty corn cob so baby can practice sucking and gnawing at it for flavor.
- + Cut vegetables, like broccoli, into long spears to create a built-in "handle" for baby to grasp at the bottom.



BLW BASICS

Offer breastmilk or formula first

Please offer 30-60 minutes prior to meals

Don't interfere with gagging

Loud and red-let them go ahead

Silent and blue- they need help from you

DO NOT put your fingers in baby's mouth

Foods not allowed

Absolutely no honey before age 1, please read all labels

Whole nuts as they are a choking hazard

Raw fish/meat- all food should be fully cooked for baby

Puréed food or food pouches! Feeding these while doing BLW is dangerous and could cause choking!

No spoon feeding

Baby is in control and is the only one who puts food into their mouths. Pre-loaded spoons are to be placed on baby's tray and NOT handed to them.

Cut food appropriately

Finger shapes for babies under 9 months, bite sized pieces for older babies. Round food must be cut lengthwise so it is no longer round. (Blueberries, baby carrots, sausage etc)

Pros and Cons for Solid Food Introduction

Baby-led weaning

May save time and money

Mealtimes can get messy

More food waste

No need to transition to different feeding styles

Encourages motor skill development

Better acceptance of a variety of textures

Purees

Can be time-consuming or expensive

Cleaner mealtimes

Less food waste (potentially more packaging waste)

Need to transition to table foods around 9 months

Does not encourage use of motor skills

May get “stuck” on certain textures

May reduce the likelihood of
picky eating

Easy to include baby in family
meal

Difficult to know how much
baby is eating

May increase the likelihood of
picky eating

Harder to include baby in family
meal

Easier to know how much baby
is eating



6 month baby-led weaning food chart: Sample schedule

After wake up	Breastmilk or formula
Breakfast	<ul style="list-style-type: none">• Scrambled egg, cut into strips• Avocado, cut into strips• Strawberries, cut into strips
Mid-morning	Breastmilk or formula
Lunch	Breastmilk or formula
Mid-afternoon	Breastmilk or formula
Dinner	Breastmilk or formula
Before bed	Breastmilk or formula



7-9 month baby-led weaning food chart: Sample schedule

After wake up	Breastmilk or formula
Breakfast	<ul style="list-style-type: none">• Toast with thin spread of peanut butter, cut into small strips or small squares• Bananas, slices or diced
Mid-morning	Breastmilk or formula
Lunch	<ul style="list-style-type: none">• Ground beef crumbles• Clementine, diced• Mashed potatoes
Mid-afternoon	Breastmilk or formula
Dinner	Breastmilk or formula
Before bed	Breastmilk or formula

