

### How to know if baby is ready

- Maintains sitting position with minimal help
- Grabs toys
- ✓ Brings them to mouth with precision
- Interested
- Around 6 months old

### How to start

- Not tired, not hungry
- Include baby when you are eating
- Appropriate foods
- High chair or on lap
- Tray close to baby's body
- ✓ Tablecloth under chair
- ✓ Directly in hand or on tray

#### Foods to avoid

- Small, round, sticky and hard foods (raisins, grapes, nuts, pieces of raw carrots, pieces of raw apple, thickly spread nut butters)
- ✓ Honey until 1 year
- Raw meat and fish
- ✓ Junk food
- Salt and sugar added
- ✓ Artificial sweeteners

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# Baby Led Weaning (BLW)

### Why parents choose BLW



Motor development

Fresh 🗸

Nutritious <

Easy 🗸

Saves money 🗸

Quick 🗸

Convenient <

Appetite control

Learns to eat safely

Better food choices? <

Less obesity? 

Top 8 beginner foods (recipes with an \* are included in your PDF recipe book)

- Sweet potato fries\*
  - Avocado •
- 3-ingredient burgers\*
  - Salmon sliders\*
    - Meatballs
      - Omelet •
- Banana rolled in unsweetened shredded coconut
  - Fermented vegetables •







# Ideal size for beginners: your pinky finger



This is just an example 🗸

Breastmilk or formula continues on demand

Quantities eaten will be

Trust your baby's appetite!

Recipes with an \* are included 🛹

in your PDF recipe book

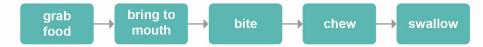
highly variable.

eat anything

and your baby might not

### To help prevent choking

- Don't put your fingers in the baby's mouth
- Vertical position
- Minimize distractions
- Offer appropriate foods



### **Highly allergenic foods**

- Eggs, fish, nuts, wheat, soy, milk, sesame, seafood
- Watch baby for signs of an allergic reaction like swelling around mouth, redness or red dots

Usually 15 minutes or less after meal

## Plain omelet for breakfast

Breastmilk or formula

Plain omelet for breakfast Sweet potato fry for lunch\*

3-ingredient burger for lunch\* Piece of avocado for snack

Plain omelet for breakfast Piece of avocado for snack

**DAY 6** Breastmilk or formula

**DAY 7** 3-ingredient burger for lunch\* Plain omelet for dinner

### Foods high in iron to include twice a day

Liver, meat, fish (heme iron: well absorbed)

Legumes like chick peas and lentils, cereal and tofu (non heme iron: less well absorbed)

To increase iron absorption, you can include foods that have lots of vitamin C at the same meal like:

- Kiwi
- Lemon juice
- Orange
- Tomato
- Bell pepper



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