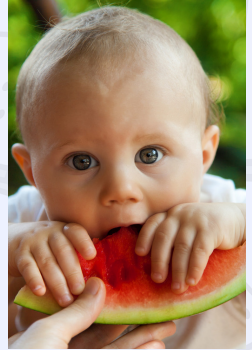


STRAIGHT TO SOLIDS

Understanding Baby-Led Weaning

What is it?

Baby-Led Weaning is a method of introducing solids into an infant's diet. The caregiver provides soft foods and the infant feeds itself, eliminating the need for spoon-feeding.



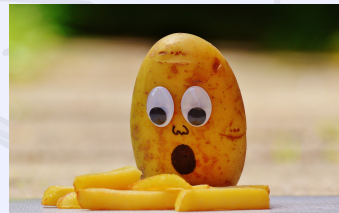
Why Should I Do It?

Baby-Led Weaning provides benefits such as: reduced costs, saves time, and can teach baby healthy eating habits for the future.



What Should I Feed?

On the back of this flyer is a list of healthy starter foods for baby! However, the rule of thumb is soft finger-foods. Items can be steamed, baked, or raw (think avocado) to provide the soft texture. Foods should be cut in chunks the size of an adult's thumb, so baby has the ability to hold it comfortably.



FOODS TO START WITH

Avocado

Melon

Cooked Apple

Banana

Steamed Broccoli

Peaches & Pears

Baked Sweet Potato

Chopped Meats

Scrambled Eggs

Cooked Pasta

Steamed Carrots

Your Dinner!

Continue to breast feed baby while introducing solids and make sure to choose nutrient dense foods!

HAZARDOUS FOODS

These foods can be choking hazards and should be avoided until the age of 2!

Hot Dogs

Whole Grapes

Nuts & Seeds

Popcorn



Candy

Thick Peanut Butter