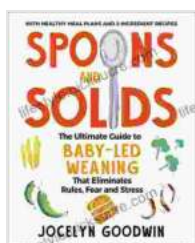


# The Ultimate Guide To Baby Led Weaning That Eliminates Rules, Fear And Stress

Baby-led weaning, or BLW, is very different from traditional spoon-feeding. Most new parents quickly realize that they are much more comfortable spoon-feeding their little one as it is much more straightforward and hassle-free. However, BLW has a lot of amazing benefits for your baby and we are here to tell you how easy it can be!



## Spoons and Solids: The Ultimate Guide to Baby-Led Weaning That Eliminates Rules, Fear, and Stress

by Jocelyn Goodwin

★★★★☆ 4.7 out of 5

Language : English  
File size : 1911 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 222 pages  
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## What Is Baby Led Weaning?

Baby-led weaning is a method of introducing solid foods to your baby where they are allowed to feed themselves finger foods and purees. This is in contrast to traditional spoon-feeding, where the parent or caregiver spoon-feeds the baby pureed foods.

BLW is based on the idea that babies are naturally curious and interested in food, and that they are capable of learning how to feed themselves. By allowing them to explore food with their hands and mouths, they can develop their fine motor skills, hand-eye coordination, and self-feeding skills. They also learn about different tastes, textures, and smells, which can help them to become more adventurous eaters.

## **Benefits Of Baby Led Weaning**

There are many benefits to baby-led weaning, including:

- **Promotes self-feeding skills:** BLW allows babies to learn how to feed themselves, which is an important life skill. They develop their fine motor skills, hand-eye coordination, and self-confidence.
- **Encourages exploration:** BLW gives babies the opportunity to explore food with their hands and mouths. This helps them to learn about different tastes, textures, and smells, which can help them to become more adventurous eaters.
- **Supports healthy weight gain:** BLW babies tend to self-regulate their food intake, which can help them to maintain a healthy weight.
- **Reduces the risk of food allergies:** Studies have shown that BLW babies are less likely to develop food allergies.
- **Promotes a healthy relationship with food:** BLW helps babies to learn about food and to develop a healthy relationship with it. They learn to trust their own hunger and fullness cues, and they are less likely to overeat or undereat.

## **How To Start Baby Led Weaning**

BLW can be started when your baby is around 6 months old. They should be able to sit up independently, have good head control, and show an interest in food.

To start BLW, simply offer your baby finger foods that are soft and easy to grasp. Some good options include:

- Cooked carrots
- Cooked sweet potatoes
- Cooked broccoli
- Cooked chicken
- Cooked fish
- Cooked tofu
- Whole-wheat toast
- Soft fruits, such as bananas, berries, and avocado

Avoid giving your baby foods that are hard, sticky, or slippery. These foods can be a choking hazard.

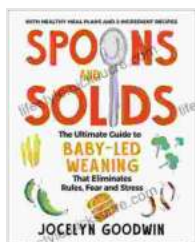
It is important to let your baby lead the way when they are eating. Do not force them to eat anything they do not want, and do not be discouraged if they make a mess. Just be patient and keep offering them food until they get the hang of it.

## **Troubleshooting Baby Led Weaning**

Here are some common challenges that you may encounter when starting BLW, and how to overcome them:

- **My baby gags or throws up:** This is normal when babies are first learning to eat solids. Just be patient and keep offering them food. They will eventually learn to swallow properly.
- **My baby does not seem interested in food:** This is also normal. Just keep offering them food at mealtimes, and eventually they will start to show an interest.
- **My baby makes a mess:** This is to be expected! Just use a bib and be prepared to clean up the mess after they are done eating.
- **My baby is not gaining weight:** If you are concerned that your baby is not gaining weight, talk to your doctor. They may recommend that you supplement BLW with formula or breast milk.

BLW is a great way to introduce your baby to solid foods. It is a safe, healthy, and enjoyable way to help them learn how to feed themselves and develop a healthy relationship with food. If you are thinking about BLW, I encourage you to give it a try. You may be surprised at how well your baby does!



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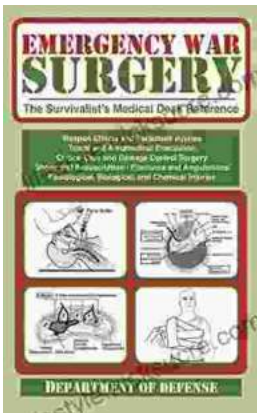
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