

# WILL BABY-LED WEANING WORK FOR YOUR BABY?



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# Hey there!

## So, you've got a baby on your hands that is ready to handle some solid food?

First off, congratulations on getting this far! You figured out how to help your baby thrive for the first few months with breastmilk and/or formula...and that's no small feat, so take a second to pat yourself on the back!

Now, you're probably aware that all your baby needs to stay alive and thrive for the first 6 months is breastmilk and/or formula. But around the 6-month mark, that's when things get a tad trickier. You're going from the simplicity of a liquid diet to the more complex steps of introducing all sorts of textures and tastes as you move towards solid foods.

If you're feeling a little freaked out by this next phase, don't fret! I was right there with you and stressing out too when I first started my quadruplet babies on solid foods. I'd had a terrible time spoon-feeding purees to their older sister (who hated eating and is still a super picky eater) and I was looking for a better way to start solids with my new batch of babies.

Baby-led weaning ended up being a better, safer and more effective system for feeding my babies and to prevent picky eating. I was so happy (and stress-free!) when they quickly began to accept and like all types of food. My hope is that baby-led weaning will help YOUR baby have a super successful start to solid foods too!

If you don't know much about baby-led weaning, it's simply an alternative approach to starting solid foods whereby you bypass spoon-feeding of purees. With baby-led weaning you help your baby learn to eat real, wholesome, intact and age-appropriate foods from his or her first bites. You end up with a baby who likes and accepts all types of foods (no more picky eaters here!) and it saves YOU a ton of time, money and hassle.

As a Registered Dietitian, infant feeding expert and mom to 5 kids, I love teaching families how to successfully start solids with baby-led weaning. But baby-led weaning isn't for everyone, which is why I put together the tool on the next page to help you figure out if baby-led weaning will work for YOUR baby.

So, if you're eager to learn more, let's dive right in and determine whether your baby is ready to start this really awesome alternative to spoon-feeding!

Yours in Health,  
Katie Ferraro, MPH, RDN, CDE



# WILL BABY-LED WEANING WORK FOR YOUR BABY?

IS YOUR BABY 6 MONTHS OR OLDER?

YES

NO

Can your baby sit up with minimal assist?

Hold off on solid foods until your baby is at least 6 months old.

YES

NO

If you offer solid or puree food, does your baby still immediately push everything out of his or her mouth?

Hold off on solid foods until your baby can sit up relatively unassisted.

YES

NO

Hold off on solid foods until this tongue thrust reflex disappears.

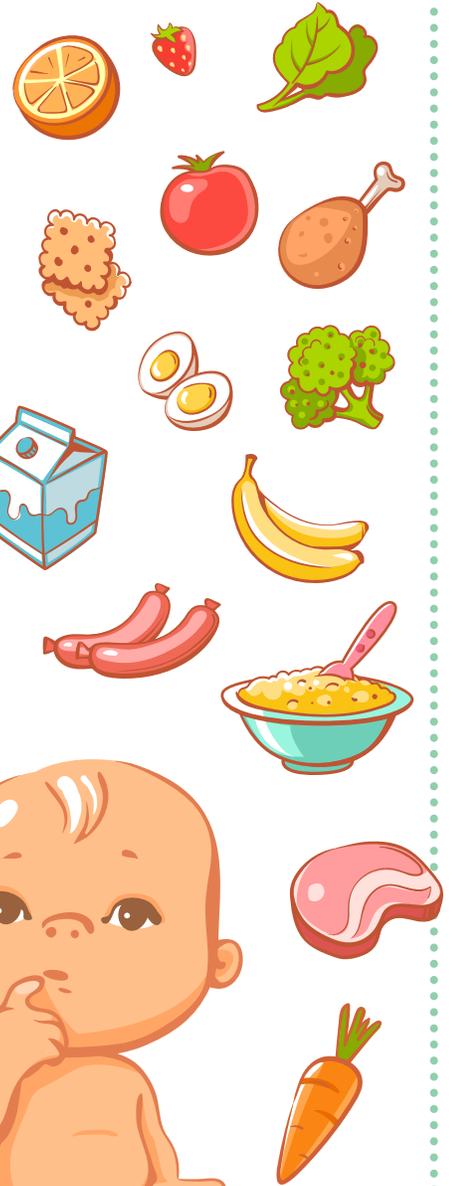
When your baby sees you eating, does he or she seem interested in, reach for, or try to grab your food?

YES

NO

Congratulations! You've got a baby-led weaning success story ready and waiting to happen!

Hang tight...your baby is REALLY close to being ready for baby-led weaning!



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## WILL BABY-LED WEANING WORK FOR YOUR BABY?



So, what do you think? Are you ready to give baby-led weaning a go?

You probably picked this up on the previous page, but being SUCCESSFUL at baby-led weaning also means being READY for baby-led weaning. A healthy baby who demonstrates the signs of readiness to feed is primed to succeed with baby-led weaning!

As a dietitian, infant feeding expert and mom of 5 kids, it's no secret that I'm a huge fan of baby-led weaning. But I also know it's not for everyone. If your baby was born prematurely or has a cleft palate, tongue tie, developmental delay that may impact feeding or other certain genetic syndromes, you should consult your primary healthcare provider about starting solids.

But if your baby IS ready to get started on solid foods - and if you want to give baby-led weaning a shot, I've got a TON of great material that will help give you BOTH a successful start.

So what's next? Well, be sure to check your email inbox. I'm going to be sending you some really exciting, easy and practical next steps both you and your baby can take to get a great first shot at feeding solid food using baby-led weaning.

And if you want an even quicker jump start on some baby-led weaning inspiration, come join my facebook group "Baby-Led Weaning Recipe Ideas" over at <https://www.facebook.com/groups/baby-ledweaningrecipes/>.

I'm looking forward to sharing lots more great baby-feeding know-how with you. And thanks for taking the time to find out if baby-led weaning will work for YOUR baby!

-Katie