

# COMPLIMENTARY WEBINAR PRESENTATION

## BABY-LED WEANING:

A step-by-step guide to starting solids using a safe, practical, and natural alternative to spoon-feeding purees

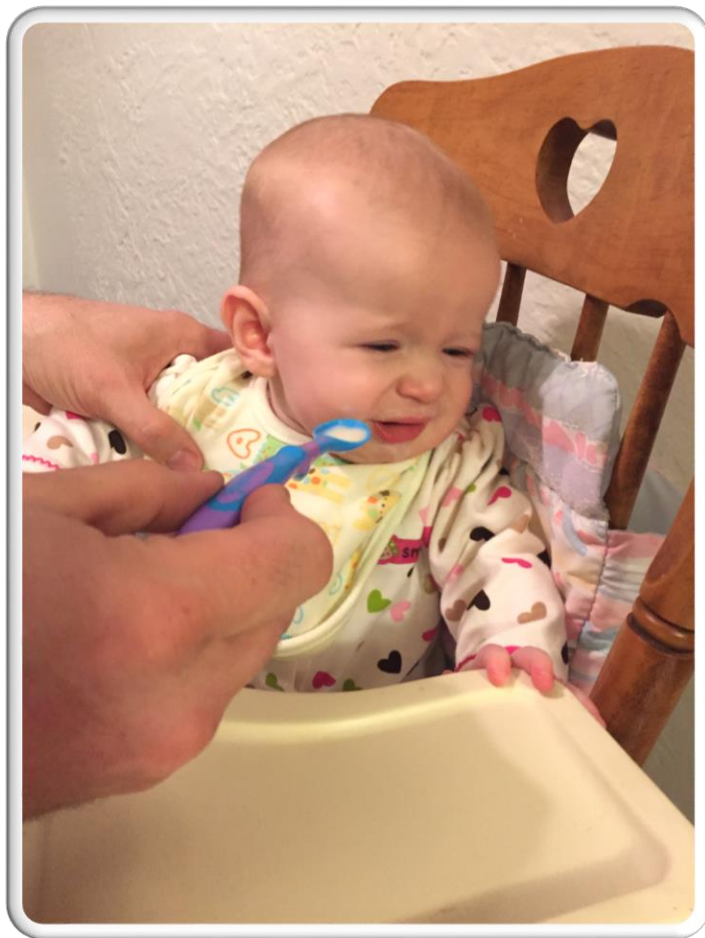


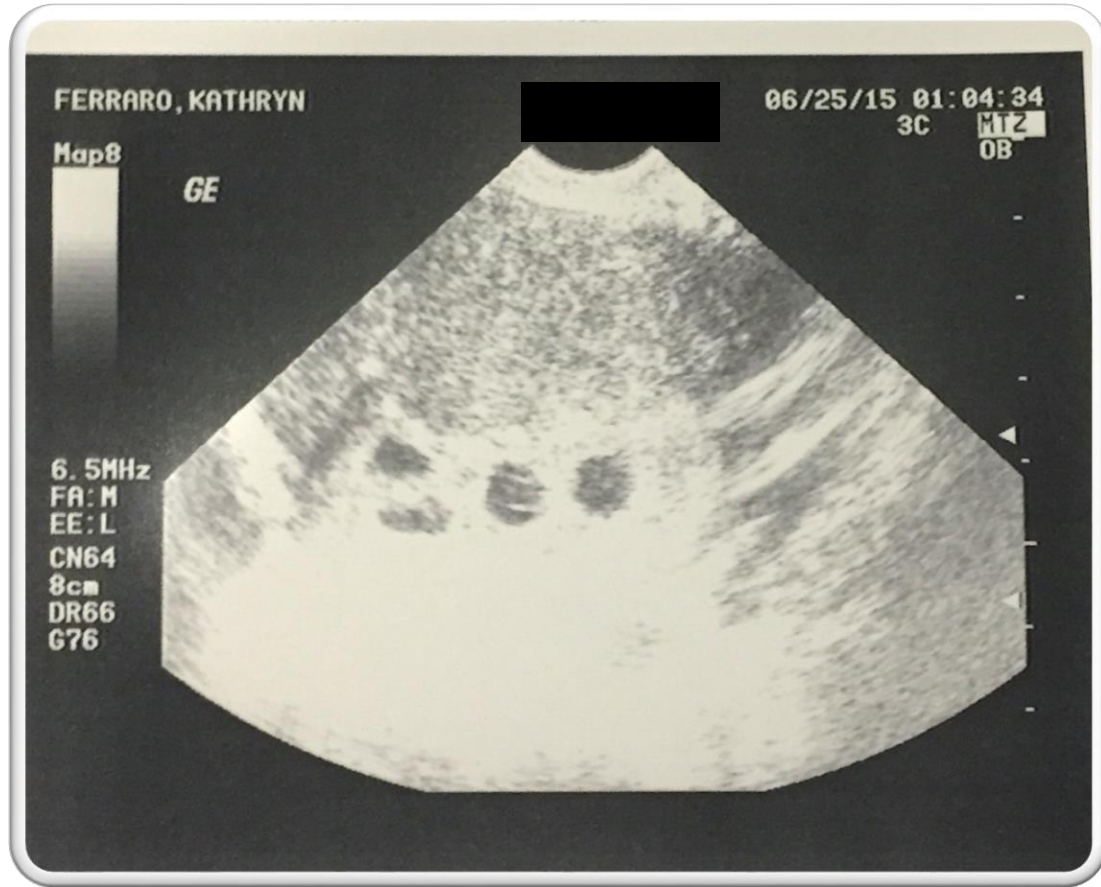
Presented by **Katie Ferraro, MPH, RDN, CDE**

# KATIE FERRARO, MPH, RDN, CDE











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I BECAME  
**OBSESSED**  
WITH BABY-LED  
WEANING







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# TODAY'S PRESENTATION

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- 1.) What is **baby-led weaning**
- 2.) **Benefits** of a baby-led approach to feeding
- 3.) **How to** start baby-led weaning



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# WHAT IS BABY-LED WEANING?

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## WHAT IS BABY-LED WEANING?

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Baby-led weaning is a **practical**,  
**safe, hands-on** approach to  
starting solid foods.



## WHAT IS BABY-LED WEANING?

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Baby-led weaning is an **alternative** to **spoon-feeding** pureed food.



BLW is based on the premise that **babies who feed themselves** the wholesome foods provided by parents and caregivers:

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- ...will accept a **wider variety** of foods
- ...may **avoid picky eating** down the road
- ...**reduce risk** of overweight and obesity
- ...have a **healthier relationship with food**



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# BABY-LED WEANING

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...a centuries-old, **natural**  
approach to letting babies **self-**  
**feed**



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# BABY-LED WEANING

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...a term coined by Gill Rapley, PhD,  
co-author of the **Baby-Led Weaning** book and  
**champion** of this philosophy



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# BABY-LED WEANING

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...is as much (or more?) about

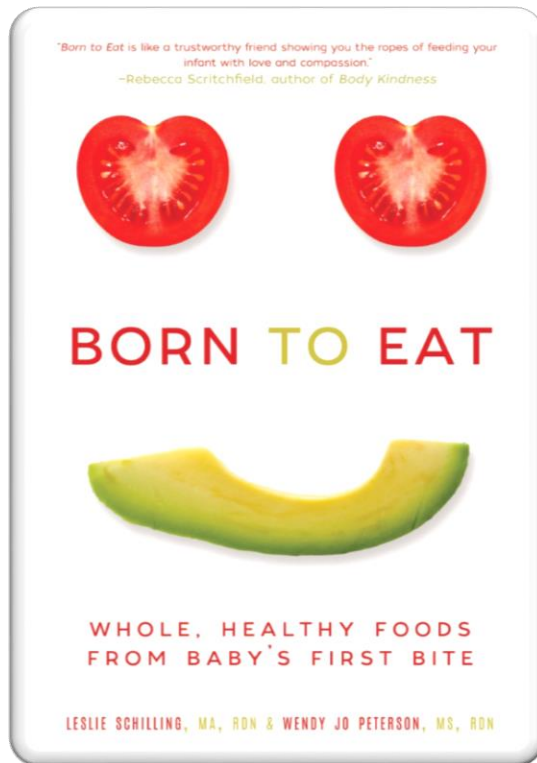
**HOW** you feed

as it is

**WHAT** you feed







[borntoeatbook.com](http://borntoeatbook.com)

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# BENEFITS OF A **BABY-LED** APPROACH

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# #1

THIS IS  
NOTHING  
NEW

Amy Bentley



# #2

## PREVENT PICKY EATING



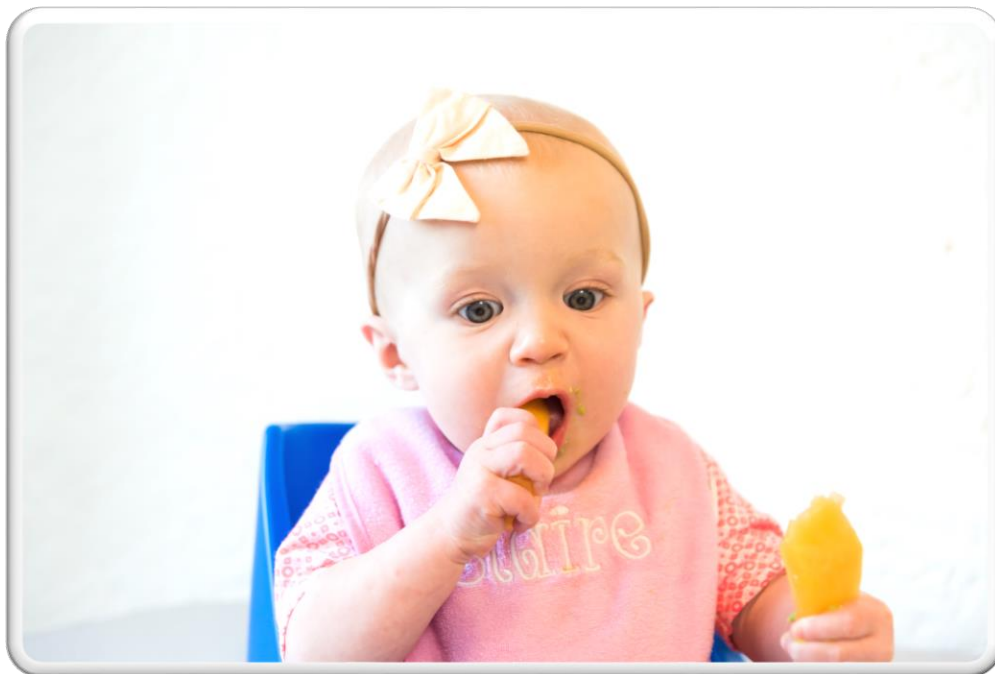
# #3

## HONORS INBORN ABILITIES



# #4

## SELF-PACED FEEDING



# #5

## SKILL DEVELOP- MENT



# #6

REDUCED  
RISK OF  
OBESITY





# #7

AVOID  
NUTRIENT  
GAPS



# #8

PROMOTES  
FAMILY  
MEALS



# #9

EASY



# #10

CHEAPER



# #11

## ALLERGY PROTECTION



# #12

DOES NOT  
INCREASE  
RISK OF  
CHOKING



IF **BLW** IS SO  
AMAZING...THEN WHY  
DOESN'T **EVERYONE**  
**DO IT?**



# #1

## FEAR OF CHOKING





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# CHOKING PREVENTION

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Sit baby **upright**

Don't **put food** in baby's mouth

Minimize **distractions**

Offer **appropriate** foods

Let **gagging** go



# #2

## MESS AND WASTE



# #3

TIME



# #4

## LACK OF SUPPORT



“I always wondered why **babies** spend so much time sucking their thumbs. Then I tasted **baby food.**”

*-Robert Orben, Writer*



# #5

## SPOON- FEEDING OBLIGATION

“Spoon-feeding  
isn’t *bad*; it’s  
simply not  
necessary.”

-Gill Rapley, PhD



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BALANCED  
BITES...

A **SPACE** FOR  
**SPOONS**

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# SPOON-FEEDING **SOUNDOFF**

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**1. Often begins too soon**



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# SPOON-FEEDING **SOUNDOFF**

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**2. Purees don't resemble  
“real” foods**



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# SPOON-FEEDING **SOUNDOFF**

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**3. Spoon-feeding results in arbitrary portion sizes**



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# SPOON-FEEDING **SOUNDOFF**

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**4. You remove  
baby's control**



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# HOW TO START BABY-LED WEANING

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*"Tell me about yourself. Are you on solids?"*

BLW  
HOW-TO  
**#1**

START  
FEEDING AT  
THE  
**RIGHT TIME**



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# WHY DOES THE 6-MONTH MARK MATTER?

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# AMERICAN ACADEMY OF PEDIATRICS

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**Breastfeeding** as sole source of nutrition for first 6 months

Continue breastfeeding with **complementary foods** until at least 12 months

May **continue** breastfeeding beyond 12 months



# WORLD HEALTH ORGANIZATION

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All infants should start **receiving foods**  
in addition to breast milk from  
**6 months onwards**

# STARTING SOLIDS TOO EARLY CAN HAVE NEGATIVE CONSEQUENCES

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Introduction of solids **prior to 4 months** is associated with **increased weight gain** and **adiposity**, both in infancy and early childhood

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**WAITING TOO LONG TO INTRODUCE  
SOLIDS CAN HAVE NEGATIVE  
CONSEQUENCES**

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**Delayed introduction** of solid foods can negatively impact **food acceptance** later in childhood

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LOOK FOR SIGNS  
YOUR BABY IS  
**READY** TO EAT

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## SIGNS YOUR BABY IS READY TO EAT

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Baby is around **6 months** of age

Sitting up on own **relatively unassisted**

Disappearance of the **extrusion reflex** (tongue thrust)

**Interest** in food, mouthing objects





BLW  
HOW-TO  
**#2**

CREATE A  
**PEACEFUL**  
EATING  
ENVIRONMENT







“**LEAVE BEHIND** experiences that may have been detrimental - such as not having family meals or a negative **environment** - and maintain those food experiences which bring **happiness** and **joy**, like your favorite meals and traditions.”

*-Rachel Rothman, MS, RD, CLEC*



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# HOW TO CREATE A PEACEFUL EATING ENVIRONMENT

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1.) Put baby in a **safe chair**  
and get at his or her eye level







# TRIPP TRAPP CHAIR BY STOKKE

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# POCKET SNACK BOOSTER BY CHICCO

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# POP 'N SIT BY SUMMER INFANT

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## HOW TO CREATE A PEACEFUL EATING ENVIRONMENT

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Put baby in a **safe chair** and get at his or her eye level

Remove or minimize **distractions**

**Schedule** meals and snacks

**Sit with your baby** for meals





BLW  
HOW-TO  
**#3**

STICK  
TO A  
**SCHEDULE**



“If you fail to  
plan...you plan to  
fail.”

*-Benjamin Franklin*



WORLD HEALTH ORGANIZATION (WHO)

ALL INFANTS SHOULD RECEIVE FOOD IN ADDITION TO  
BREAST MILK FROM 6 MONTHS ONWARD

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Food **2-3 times** per day between 6-8 months

Food **3-4 times** per day between 9-11 months

Food **3-4 times** + **1-2 snacks** per day between 12-24 months

“Even an experienced 6-month-old may only eat about **3 to 4 tablespoons** at a meal.”

*-American Academy of Pediatrics*



## SAMPLE SCHEDULE

### 6 MONTHS OLD

Time	Food or Milk
7 am	Breast milk or formula
10 am	Breast milk or formula
1 pm	Food
3 pm	Breast milk or formula
5 pm	Food
7 pm	Breast milk or formula



## SAMPLE SCHEDULE

### 9 MONTHS OLD

Time	Food or Milk
7 am	Breast milk or formula
8 am	Food
12 pm	Food
3 pm	Breast milk or formula
5 pm	Food
7 pm	Breast milk or formula





# SAMPLE SCHEDULE

## 12 MONTHS OLD

Time	Food or Milk
7 am	Breast milk or formula
8 am	Food
12 pm	Food and Breast milk or formula
3 pm	Food
5 pm	Food
7 pm	Breast milk or formula



BLW  
HOW-TO  
**#4**

OFFER  
“BANG-FOR-  
YOUR BITE”  
FOODS





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TRUE OR FALSE?

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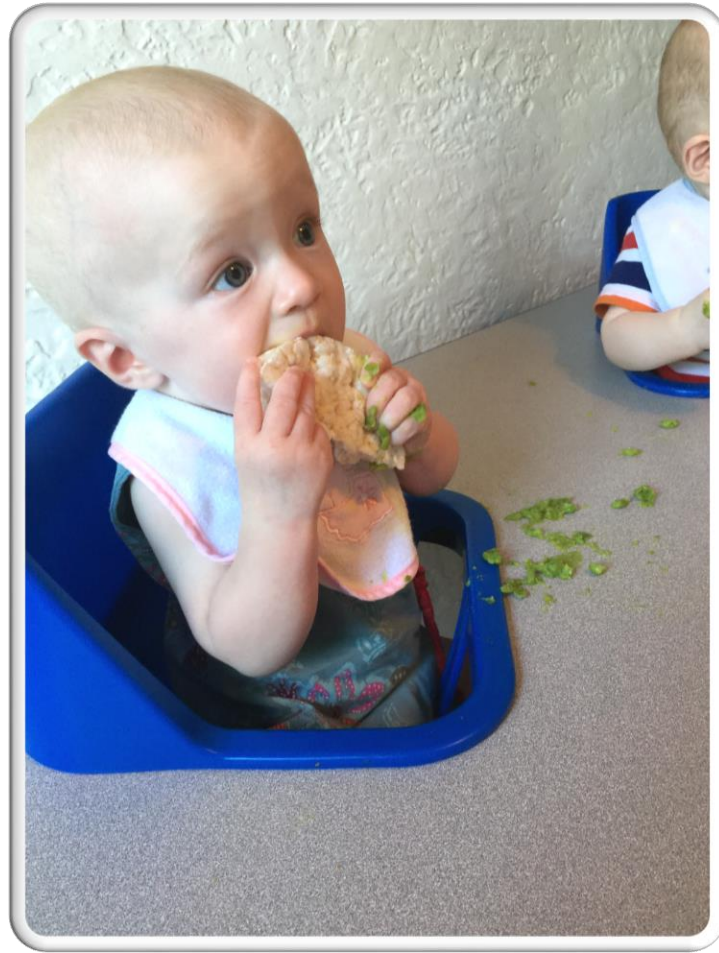
“Food before one is  
just for fun.”













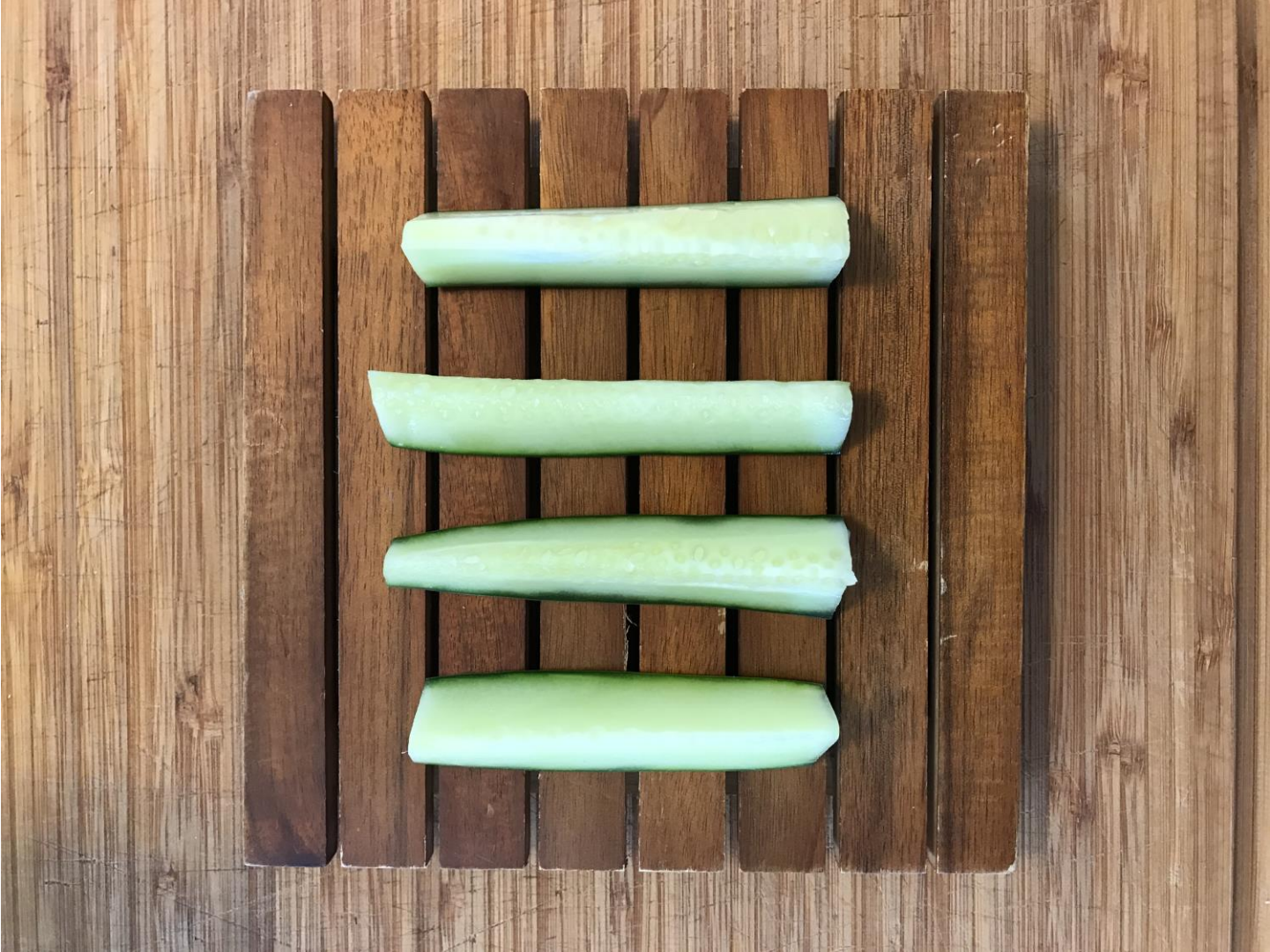






















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# EXAMPLES OF “BANG FOR YOUR BITE” FOODS

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Instead of boiled vegetables > > > **roast** vegetables with oil

Turn plain whole grains into farro, bulgur, or quinoa **cakes** or **fritters**

Try foods like avocado, salmon burgers, polenta, sweet potatoes

Offer high iron foods such as **meat**, **fish** and **poultry**

BLW  
HOW-TO  
**#5**

KNOW YOUR  
**FEEDING**  
**ROLE**



ELLYN SATTER'S  
DIVISION OF RESPONSIBILITY IN FEEDING

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Parents are responsible for  
**WHAT, WHEN,** and **WHERE** the baby eats

Babies ultimately determine  
**HOW MUCH** and **WHETHER** they eat

## DON'T GIVE UP!

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A healthy 6-month old baby is **physiologically equipped** to handle **solid food**

It may take a baby **10-15 tries** over time before he or she will **accept a new food**



[www.100babyfoods.com](http://www.100babyfoods.com)

# 100 Foods for Your Baby to Try Before Turning One



*The*  
**SELF-FEEDING  
BABY**

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Digital Course: A step-by-step guide to starting solids with baby-led weaning

[www.blwrdcourse.com](http://www.blwrdcourse.com)



# CREDIT CLAIMING

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 1 year; you do not have to complete it today.

## Credit Claiming Instructions:

1. Go to [www.CE.TodaysDietitian.com/BabyLedWeaning](http://www.CE.TodaysDietitian.com/BabyLedWeaning) **OR** Log on to [www.CE.TodaysDietitian.com](http://www.CE.TodaysDietitian.com), go to “My Courses” and click on the webinar title.
2. Click “Take Course” on the webinar description page.
3. Select “Start/Resume Course” on the webinar description page. Complete and submit the Evaluation.
4. Download and print your certificate.

**Please Note:** If you access the Evaluation between 3-4 pm ET on 4/25, you may experience a slow connection due to a high volume of users.