

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

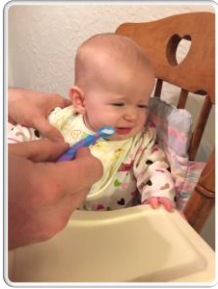
KATIE FERRARO, MPH, RDN, CDE



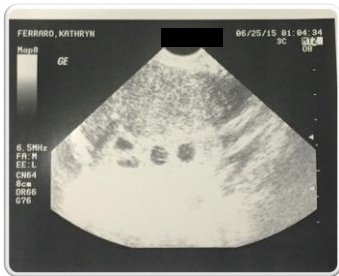
2



3



4



5



6

7

I BECAME OBSESSED WITH BABY-LED WEANING

 FORTIFIED FAMILY



8

9

TODAY'S PRESENTATION

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

 FORTIFIED FAMILY

10

WHAT IS BABY-LED WEANING?

 FORTIFIED FAMILY

11

WHAT IS BABY-LED WEANING?

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

 FORTIFIED FAMILY

12

WHAT IS BABY-LED WEANING?

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

 FORTIFIED FAMILY

13

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

- ...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**



Handwriting lines for page 13

14

BABY-LED WEANING

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



Handwriting lines for page 14

15

BABY-LED WEANING

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



Handwriting lines for page 15

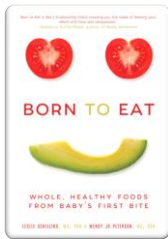
BABY-LED WEANING

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

HOW you feed

as it is

WHAT you feed



borntoatbook.com

BENEFITS OF A BABY-LED APPROACH

19

#1

THIS IS NOTHING NEW



FORTIFIED FAMILY

Bentley, 2014.

20

#2

PREVENT PICKY EATING



FORTIFIED FAMILY

Matern Child Nutr, 2009; Appetite, 2012; J. Acad Nutr. Diet, 2014; J. Acad. Nutr. Diet, 2016; Appetite,

21

#3

HONORS INBORN ABILITIES



FORTIFIED FAMILY

Rapley, 2010; Pediatr Obes, 2015.

22

#4

SELF-PACED FEEDING



FORTIFIED FAMILY

23

#5

SKILL DEVELOPMENT



FORTIFIED FAMILY

Rapley, 2010; Ferrando & Potock, 2015.

24

#6

REDUCED RISK OF OBESITY



FORTIFIED FAMILY

J Acid Nutr Diet, 2016.

25

#7
AVOID
NUTRIENT
GAPS



FORTIFIED FAMILY

BMC Pediatric, 2015.

26

#8
PROMOTES
FAMILY
MEALS



FORTIFIED FAMILY

J. Am. Diet. Assoc., 2007; BMJ Open, 2016.

27

#9
EASY



FORTIFIED FAMILY

28

#10

CHEAPER



FORTIFIED FAMILY

29

#11

ALLERGY PROTECTION



FORTIFIED FAMILY

NEJM, 2015.

30

#12

DOES NOT INCREASE RISK OF CHOKING



FORTIFIED FAMILY

BMC Pediatr., 2015; Pediatrics, 2016.

31

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

 FORTIFIED FAMILY

32

#1 FEAR OF CHOKING



 FORTIFIED FAMILY

33

CHOKING PREVENTION

- Sit baby **upright**
- Don't **put food** in baby's mouth
- Minimize **distractions**
- Offer **appropriate** foods
- Let **gagging** go

 FORTIFIED FAMILY

34

#2

MESS
AND
WASTE



 FORTIFIED FAMILY

35

#3

TIME



 FORTIFIED FAMILY

36

#4

LACK OF
SUPPORT



 FORTIFIED FAMILY

37

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

-Robert Orben, *Writer*



38

#5
SPOON-
FEEDING
OBLIGATION

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

-Gill Rapley, *PhD*



Rapley, 2010.

39

BALANCED BITES...
A **SPACE** FOR **SPOONS**





40

41

SPOON-FEEDING **SOUNDOFF**

1. Often begins too soon

 FORTIFIED FAMILY

42

SPOON-FEEDING **SOUNDOFF**

2. Purees don't resemble "real" foods

 FORTIFIED FAMILY

43

SPOON-FEEDING **SOUNDOFF**

3. Spoon-feeding results in arbitrary portion sizes

 FORTIFIED FAMILY

44

SPOON-FEEDING **SOUNDOFF**

4. You remove baby's control

 FORTIFIED FAMILY

45

HOW TO START **BABY-LED WEANING**

 FORTIFIED FAMILY



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

46

47

BLW
HOW-TO
#1

START FEEDING AT THE RIGHT TIME

 FORTIFIED FAMILY

48

WHY DOES THE **6-MONTH** MARK MATTER?

 FORTIFIED FAMILY

49

AMERICAN ACADEMY OF PEDIATRICS

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

 FORTIFIED FAMILY

AAP, 2017.

50

WORLD HEALTH ORGANIZATION

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

 FORTIFIED FAMILY

WHO, 2017.

51

STARTING SOLIDS TOO EARLY CAN HAVE NEGATIVE CONSEQUENCES

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

 FORTIFIED FAMILY

AAP, 2017.

52

WAITING TOO LONG TO INTRODUCE SOLIDS CAN HAVE NEGATIVE CONSEQUENCES

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

 FORTIFIED FAMILY

Matern. Child Nutr., 2009.

53

LOOK FOR SIGNS YOUR BABY IS READY TO EAT

 FORTIFIED FAMILY

54

SIGNS YOUR BABY IS READY TO EAT

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

 FORTIFIED FAMILY

AAP, 2011; AAP, 2012.

55



56

BLW
HOW-TO
#2

CREATE A **PEACEFUL** EATING ENVIRONMENT

 FORTIFIED FAMILY

57



58

“**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

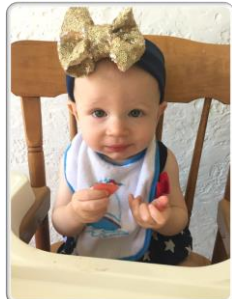
59

HOW TO CREATE A PEACEFUL EATING ENVIRONMENT

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



60





61

TRIPP TRAPP CHAIR BY STOKKE

62



POCKET SNACK BOOSTER BY CHICCO

63



POP 'N SIT BY SUMMER INFANT

64



HOW TO CREATE A PEACEFUL EATING ENVIRONMENT

65

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



66

67

BLW
HOW-TO
#3

STICK TO A SCHEDULE

 FORTIFIED FAMILY

68

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

-Benjamin Franklin

 FORTIFIED FAMILY

69

WORLD HEALTH ORGANIZATION (WHO)
ALL INFANTS SHOULD RECEIVE FOOD IN ADDITION TO
BREAST MILK FROM 6 MONTHS ONWARD

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

 FORTIFIED FAMILY

WHO, 2017.

“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

73

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

FORTIFIED FAMILY

BLW
HOW-TO
#4

OFFER
“BANG-FOR-
YOUR BITE”
FOODS

74

FORTIFIED FAMILY



75

76

TRUE OR FALSE?
“Food before one
is just for fun.”

FORTIFIED FAMILY

77



78





79



80



81



82



83



84



85



86



87



88



89



90

91

EXAMPLES OF
"BANG FOR YOUR BITE" FOODS

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**

 FORTIFIED FAMILY

92

BLW
HOW-TO
#5

KNOW
YOUR
**FEEDING
ROLE**

 FORTIFIED FAMILY

93

ELLYN SATTER'S
DIVISION OF RESPONSIBILITY IN FEEDING

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

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

 FORTIFIED FAMILY

SATTER, 2016.

94

DON'T GIVE UP!

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**

 FORTIFIED FAMILY

Food Qual. and Pref., 2007; Appetite, 1987; Appetite, 1998;

95

www.100babyfoods.com

**100 Foods
for Your
Baby to Try
Before
Turning One**



 FORTIFIED FAMILY

96

The
**SELF-FEEDING
BABY**



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

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 OR Log on to 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.
