



TEN STEP TUESDAY

Baby-Led Weaning Part II

Written by Alyssa Zimmerman

How to Get Started

- Timing for success – Best to choose a time when baby is not tired & not hungry
- Ensure proper body alignment
 - Pick a high chair with a foot rest
 - Tray or table close to baby's body
- Eat together as a family
 - Allows for mimicking/role modeling - babies learn by watching!
 - Be prepared for a MESS! (Use bibs, floor mat/tablecloth under highchair, easy to clean highchair)
 - May be more playing than eating at first and that is OK!

Appropriate Foods – All about SAFETY & FUNCTIONALITY

- Food served should be the size of an adult pinky finger or larger. In early stages, baby will mostly be gumming/sucking on these foods vs taking bites.

Large and fibrous - small pieces won't break off or soft enough for an adult to smooch between two fingers.

- Any purees should be thick
- Then progress toward smaller pieces:
 - As pincer grasp develops
 - As they start taking bites, smaller pieces become more appropriate

Inappropriate Foods

- Foods that form a crumb/bolus in the mouth (i.e. white bread)
- Whole grapes, cherry tomatoes, whole hot dogs (round shape)
- Raw lettuce and other greens (on its own)
- Whole nuts, seeds and thickly spread nut butters
- Popcorn
- Small pieces of raw vegetables



For more information contact

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Best First Foods

- Iron Rich Foods
 - Beans and lentils - black bean patty, hummus
 - Dark, leafy greens - smoothies, small chopped and sauteed in pasta sauce
 - Salmon - salmon patty
 - Egg Yolk - soft boiled egg
 - High-iron pasta
- Vegetables & Fruit
 - Pre-loaded spoon mashed potatoes (parent loads spoon, baby self feeds)
 - Roasted broccoli spear
 - Apple slices or matchsticks sauteed
 - Shredded carrots
 - Cucumber sticks (peeled)
 - Large, ripe strawberry
 - Banana, peeled back
 - Roasted sweet potato wedges
- Grains
 - Toast sticks
 - Pancakes or waffles
 - Well cooked pasta
 - Sticky rice balls
 - Quinoa cakes
 - Oatmeal

Digestion & Allergens

- Regardless of feeding style, stool appearance and smell will change!
- Sometimes constipation develops - ensure high fiber foods are included
- What about peanut butter? Via the Mayo Clinic: "Postponing the introduction of highly allergenic foods, such as peanuts, eggs and fish, beyond 4 to 6 months of age hasn't been shown to prevent eczema, asthma, allergic rhinitis or food allergy. In fact, early introduction of peanuts might prevent peanut allergy."
- For more info on timing of introduction of peanut-based foods and ways to assess risk:
<https://www.foodallergy.org/resources/peanut-early-introduction-guidelines>

References:

Webinar, Babyled Weaning: What the Lactation Professional Should Know by Meghan McMillin MS, RDN, LDN, IBCLC | Baby-Led Weaning: The Essential Guide to Introducing Solid Foods by Dr. Gill Rapley and Tracey Murkett | <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/expert-answers/starting-solids/faq-20057889> | <https://www.foodallergy.org/>

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