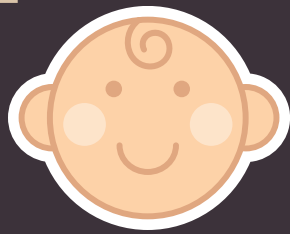


BABY- LED WEANING



Encouraging self-feeding by giving baby soft-cooked, cut or mashed food instead of purees



WHY YOU'LL LOVE IT

1. less food prep for you
2. teaches fine motor skills
3. expands baby's palate
4. family meals together
5. learning healthy portions

HOW TO BEGIN

Age: Between 4-6 months

Signs of readiness: baby sits up, has lost tongue-thrust reflex, chews, and has a strong interest in food!

FOODS TO BEGIN

1. avocado
2. soft-cooked carrots
3. bananas
4. soft-cooked green beans
5. soft-cooked apples
6. pears
7. sweet potatoes
8. soft-cooked broccoli

TIPS

- Don't pressure baby to eat
- Continue breastfeeding or bottle for majority of calories