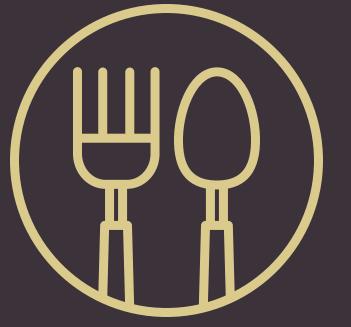
## BABY-LED Official of

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

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



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

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TIPS