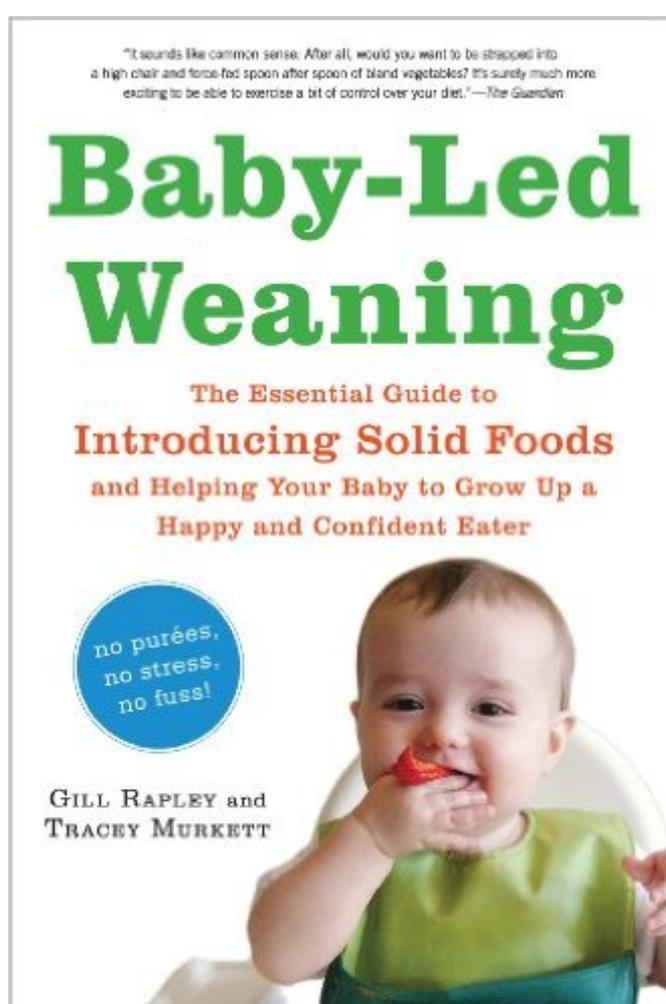


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# Baby-Led Weaning: The Essential Guide To Introducing Solid Foods—and Helping Your Baby To Grow Up A Happy And Confident Eater



## Synopsis

The Natural, No-Fuss, No-Purées Method for Starting Your Baby on Solid Foods Baby-Led Weaning explodes the myth that babies need to be spoon-fed and shows why self-feeding from the start of the weaning process is the healthiest way for your child to develop. With baby-led weaning (BLW, for short), you can skip purées and make the transition to solid food by following your baby's cues. At about six months, most babies are ready to join the family at the kitchen table and discover food for themselves. Baby-Led Weaning is the definitive guide to this crucial period in your child's development, and shows you how to help your baby: Participate in family meals right from the start Experiment with food at his or her own pace Develop new abilities, including hand-eye coordination and chewing Learn to love a variety of foods and to enjoy mealtimes Baby-led weaning became a parenting phenomenon in the UK practically overnight, inspiring a fast-growing and now international online community of parents who practice baby-led weaning with blogs and pictures to prove it! In Baby-Led Weaning, world-leading BLW authority Gill Rapley and early BLW practitioner and coauthor Tracey Murkett deliver everything you need to know about raising healthy, confident eaters.

## Book Information

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## Customer Reviews

I can't recommend this book or this method highly enough. We turned to baby-led weaning when our daughter declined to eat solids well after her six-month birthday. We never bought into the rice-cereal orthodoxy, so we began by trying to feed her bits of avocado and banana from our fingers, but she wanted none of it. We tried pureed apples and pears, and then rice and oat cereal

with breast milk, but she didn't like being spoon-fed. While we cooled our heels for a few weeks I learned about baby-led weaning, and by about eight months she was ready to go. The key to this method is that the baby is in control -- apart from placing food on her tray, you don't actually feed her. She inspects the food, chooses what she wants, and feeds herself. Rapley and Murkett are careful and thorough (yet friendly and conversational) in addressing concerns about choking, allergies, and so on. But the immediate benefit of BLW is that it is SO much easier to give your baby real food than to deal with steaming and pureeing (what a bore!). Soon after we started, my daughter was eating solid apples -- we'd cut them into the appropriate finger shape and she'd shave bits of apple flesh off with her two little teeth. Now she loves eating from a whole apple; I eat a chunk of it to expose the flesh, and off she goes. At nine months she has eaten uncooked apples and pears, whole cooked peas and carrot sticks, buttered whole-wheat toast, cheese, pasta, sausage, chicken, mashed potatoes, scrambled eggs, curried vegetables, and basmati rice, all using her hands, and she drinks water from a regular cup with assistance. It's thrilling to watch her engage with new tastes and textures. She doesn't eat everything we offer, but she's getting more and more enthusiastic about new things.

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