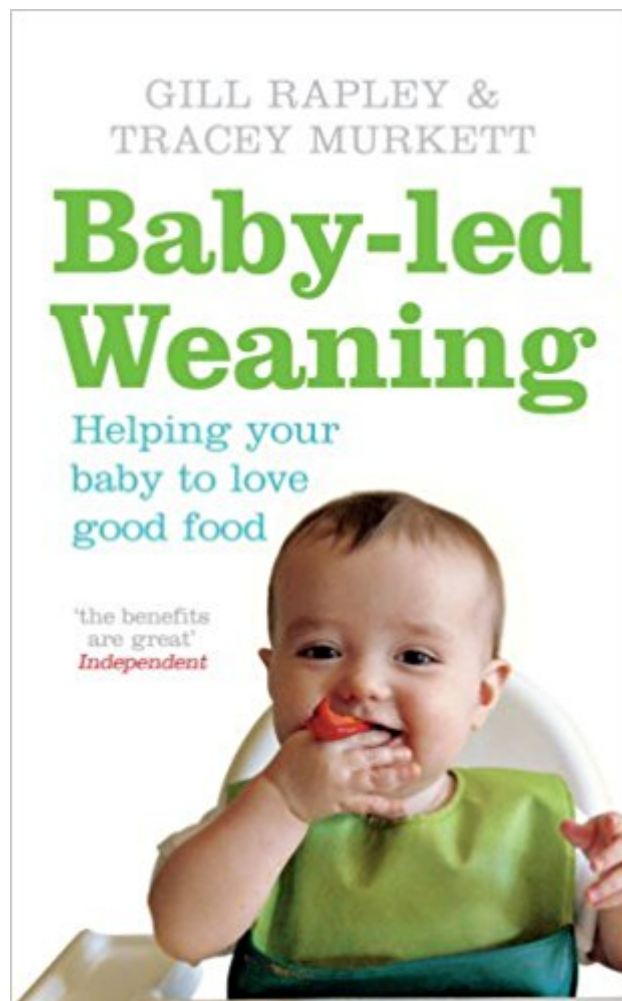




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# Baby-led Weaning: Helping Your Baby To Love Good Food



## Synopsis

Though many believe that babies should be weaned by being spoon-fed purées, self-feeding allows babies to use their natural abilities to explore taste, texture, color and smell. It also encourages independence and confidence by allowing them to experiment with foods at their own pace. This practical guide offers parents information on how to introduce a child to solid food and hints on developing a happy and confident eater. With practical tips for getting started and the low-down on what to expect, this informed reference shows why self-feeding from the start is the healthiest way for any baby to develop.

## Book Information

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## Customer Reviews

"It sounds like common sense: after all, would you want to be strapped into a high chair and force-fed spoon after spoon of bland vegetables? It's surely much more exciting to be able to exercise a bit of control over your diet" \* Guardian \* "could radically simplify infant feeding" \* Daily Telegraph \* "[Baby-led weaning] makes life so much easier" \* The Times \* "I see many happy children, who choose their own food independently and eat at their own pace" \* Stefan Kleintjes, paediatric dietitian \* "the benefits are great" \* Independent \*

Gill Rapley pioneered baby-led weaning in the U.K. She has worked as a nurse for 20 years and has also been a midwife and breastfeeding counselor. Tracey Murkett is a freelance writer.

Love this book. Free yourself from expensive goops! Yes, your baby will be a mess every time they

eat. But they get to learn about food--taste, texture, color, and the shape God made them in!--as they eat it for the first time, not to mention developing fine motor control with serious motivation! They don't choke, don't worry. And don't try it around nervous grandparents until you're comfortable (and baby has gotten reliably beyond the gag reflex at first!); mine still get panicky when I hand the poor kid a banana. Sometimes you need to bulk up baby and baby mush is necessary to get as much food in the belly as possible -- that's totally legit. But if you don't have any particular needs like that, this can be seriously freeing for you and for babe.

This was a good overview of BLW concept... Totally makes sense and will definitely be introducing solids this way to our baby. 4 out of 5 stars only because I found it a bit too long but I would still recommend reading it for anyone with a baby, especially before 4 months as that's when some "baby experts" say you can start introducing solids. Also glad I read about BLW before I started spoon feeding my baby.

There's nothing new about Gill Rapley's ideas, besides the name, but for parents who think feeding a baby means jars and purees, it's a good read. Before commercial baby foods (and even after for most parents in most parts of the world), babies were simply offered bites off their parent's plate when they were ready to start solids. But when most of us were babies, the recommendation became to start solids at very young ages and purees were introduced (how else will you get "solid" food into a 2 week old?). Now that the recommendations have returned to more realistic expectations of when babies will be ready to eat, more and more parents are realizing that their babies don't need mush - they can eat "real" food right off the bat. If you'd like to introduce this idea to a new parent, aren't certain when or how to start feeding your baby solids, or need support for when Grandma is horrified, this is the book to buy. If you're looking for recipes for "baby" food, tables of what food to introduce at what age, or detailed lists of foods to avoid, you won't find them here. This is just a reassuring introduction to the idea of simply feeding your baby from your own healthy meals. By the way, for American audiences, "weaning" technically begins as soon as food other than breastmilk (or formula) is introduced. If you're looking for a guide on weaning baby from the breast, you're looking at the wrong book!

A good easy read for a busy mom on how to introduce solids the new "old" way. This is how I imagine solids were introduced before food processors and pre-packaged baby food. It calmed my fear of my baby gagging on chunks. It made me realise that baby can join in any family meal with a

few minor modifications. No more mashing and pushing peas through a sieve. And baby enjoys eating A LOT!

Great book. First off this is not a weaning off the breast book, it is an introduction to solids book. I exclusively breastfed my daughter for 8mos and when I was ready to introduce solids, she wasn't. She was more interested in feeding herself and wouldn't let me spoon feed her. Turns out that was great for me. I spoon fed my boys at 4 and 5 mos old and it was very time consuming and I wasn't sure if they were full or fussy when they'd refuse to eat. This book eliminates the struggle. Babies have a sensitive gag reflex and by using this book I was able to let my baby take the lead on feeding herself while not overreacting at any sound she made while eating. Also it gives a great guideline of how much and when to feed them solids that correlates with breastfeeding and formula feeding. If your little one has issues with spoon feeding or heck even if they don't, this is a great book for beginner feeders. I wish I had this with my boys.

I found this book very useful, as I have just started to wean my twin boys. I find that I do a combination of baby led weaning and traditional weaning. The book made me think a little more laterally and I like a lot of the concepts. Food should be about enjoyment and practicality and the book really highlights this and has practical ways to wean your children. I definitely recommend reading this book

Great book for getting started with baby led weaning. Would definitely recommend.

I don't necessarily believe solely in BLW but I really like the ideas it provides for finger foods and introducing all types of foods early enough for baby. My daughter is benefiting from eating a range of foods that are not always deemed "baby safe" and I think this will be great for her in the future.

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