

Baby-led weaning (BLW)



BLW is a method of introducing complementary foods, offering solid whole foods instead of pureed foods. The approach is based on the belief that babies should be given the opportunity to feed themselves with their hands and that parents should rely on their innate ability to control appetite and satiety.

When to start?

BLW can be initiated around 6 months of age.

There is individual variability, but babies must be able to:

Sit up with little to no support



Grab things and hold them



Accurately guide food into their mouths



Some tips for a successful BLW



Parents supervision is always necessary during the meals!

What foods to give?



Soft cooked vegetables

Mashed soft beans



Roasted peeled vegetables



Meat & Fish
(soft and chunked)



Ripe, soft fresh fruit

Common parent concerns

Will my baby eat the right food?

If babies are offered a choice of healthy foods, they will be introduced into a balanced diet and will develop longer-term healthy eating habits.

Will my baby get enough to eat?

The evidence suggests that babies manage the progress at their own pace and will gradually increase their intake of solid food.

Will my baby choke?

The risk of choking is reduced when babies use a biting action to ingest food compared to a sucking action, necessary when food is given by spoon.

Is BLW suitable for my baby?

Whether BLW will work for your baby may rely on his/her individual development. Consult your pediatrician in case of any doubts.

Babies develop at their own pace and timing for complementary feeding and introduction of **BLW may range between 5-8 months.**

A pediatrician should be consulted when introducing solid food.