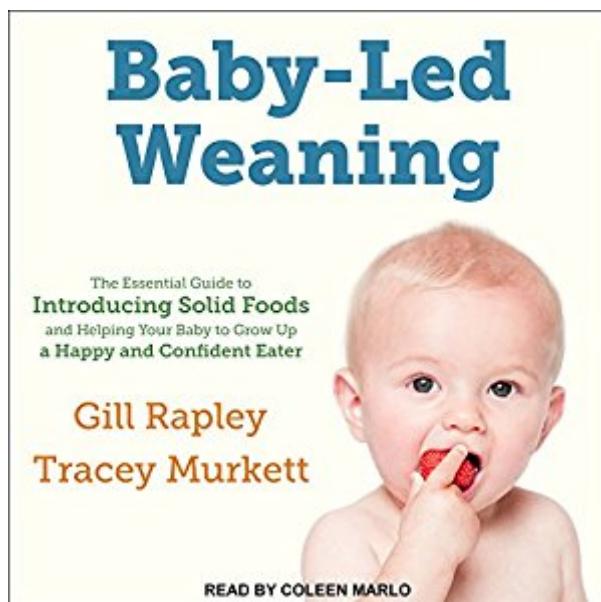


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# Baby-Led Weaning: The Essential Guide To Introducing Solid Foods - And Helping Your Baby To Grow Up A Happy And Confident Eater



## Synopsis

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 purees 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

BLW is a great concept. This book has great ideas, however, is dry and repetitive. Once I got my hands on the BLW Cookbook, I was really upset about the amount of time I wasted reading this book. Do yourself a favor and skip to the Baby-Led Weaning Cookbook. The ENTIRE Baby-Led Weaning book is summarized in the first chapter of the cookbook.

I say the following from many years of misery which I would like to spare other families from going through. If your baby is gagging and/or vomiting on many different foods, or always on a specific texture of food, this is not \*because\* of the baby-led weaning method. Babies with no feeding or swallowing issues don't gag over and over again. One of the most common - but unfortunately commonly undiagnosed - causes of gagging and vomiting solids is subtle, undiagnosed posterior tongue tie. These tongue ties make coordinating swallowing difficult, so that a baby always feels they might be about to choke, and then gag protectively...AND they cause high palates, which results in a hyperactive gag reflex because the palate doesn't get normal stimulation. A double-whammy. Gill Rapley says gagging is normal, but she doesn't get into detail, and therein lies a fault of this book. Occasional gagging - yes, normal. Not repeated gagging. Baby-Led Weaning both cursed us (by making us think gagging was normal and not looking for help for far too long) and saved us (our baby gagged even worse on purees and might have developed a complete food aversion instead of an 80% food aversion if we had pushed purees instead). Babies with swallowing issues can sometimes handle purees better than adult textures (or sometimes handle them much worse). But switching to purees is not the answer, because unremedied swallowing issues can lead to years and years of food aversions and a miserable eating experience for child and parents. If you are in a city where there is no real expert on posterior tongue tie, and everyone tells you your child is fine...keep looking for someone who knows a little more. It could be another swallowing issue, but it's unlikely to be "nothing" and "normal." End of rant. Good luck to all of you.

This method is AMAZING!! I was set on going with this method before my son was born but made sure to be as educated and prepared as possible. My son is now 2 weeks from his 1st birthday and eats EVERYTHING! We never have bought baby food or purees. He eats what we eat. And because we didn't want to feed him "crap" it has made my husband and I eat better. Last night my son ate 2 portions of meatloaf and 3 portions of veggies (MORE THAN ME!). He eats diverse foods: Thai curries, burritos, all fruits and veggies. Sure, it's messy, but he eats like a champ, is willing to try anything, and we've never had to spend extra money on "baby" food or re-teach our son to eat from purees to real solids. Thank you! I've even converted 3 friends to it!

A friend of mine has done BLW and she has recommended it to us. My husband and I were skeptical and scared to feed our 6 months old in BLW way. But our baby has adopted BLW very well from the day one. This is an easy and fun way of introducing solid food to your baby. It's been

three weeks, and our baby has already digested solid food. I highly recommend BLW to other new parents. But I would be very careful feeding my baby any restaurant food unless I know all the ingredients. I don't think authors should recommend food that they don't know how to cook it. For example, authors encourage parents to feed vegetable sushi rolls. It sounds healthy, but sushi rice has gotten loads of sugar and salt. Don't feed any sushi rice to your baby. I would rate the book itself ONE STAR, because it is the most unorganized book I have ever read. I got so frustrated reading it. The book starts with a long justification. You don't get to learn how to do BLW until page 74. There are lots of sections that are redundant. And there are some contradictory statements. For example, the authors say mackerel with rice is an example of food that have lots of different nutrients (p.196), but they write on the very next page that mackerel should be best avoided. Also, the authors claim that pureeing method has no scientific study to support its effectiveness. So, naturally I expected to read about BLW's scientific study and its supporting evidence in the beginning, but I did not get to learn about it until I reached Appendix 1. Is it just me that it was disappointing to learn that BLW was one of the authors' master's degree project, which was conducted with "a small group of parents" (p. 221). In the end, BLW does not seem to have any scientific legitimacy as much as pureeing the food. If you don't have a time to read the whole book, I would just read the bullet points and Appendix 2 carefully and skim through other parts. I liked the section on Bribes, Rewards, and Punishments (p.171-2). This section was very educational. Update: Three months later and our daughter is eating well. She still has a difficulty with sucking on meat.

BLW is such a different concept for most people. It's helped me solidify and explain my reasons for doing it. Also, it's scary to give your babies real food, when all you know is purees. This book helped me to relax and have confidence in my children's ability to eat real food. I'm excited to watch them grow and learn how to manipulate things. It's great to avoid the frustration (for both of us) of spoon feeding. I read to skip this and get the cook book

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