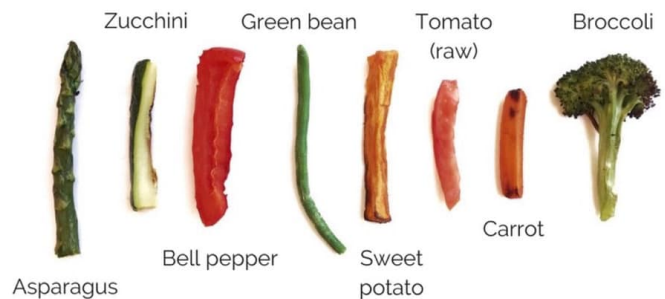


# BABY LED WEANING TIPS AND TRICKS

1. Before beginning solids (this includes purees, rice cereal, oatmeal), baby should be meeting **ALL** signs of readiness.
  - Baby should be 6 months of age
  - Baby should be able to sit up independently for at least a minute
  - Baby needs to have lost the Tongue-Thrush reflex that pushes food and foreign objects out of the mouth
  - Baby should be able to pick up objects and accurately bring them to their mouth.
  - Baby should show an interest in food
2. In my experience, I have frequently seen pediatricians recommend beginning solids around 4 months. This is currently outdated information (per the AAP and WHO). Again, this includes offering rice cereal mixed with water or breast milk.
3. You can start off slowly, offering solids every few days beginning at 6 months and gradually increasing the frequency... or you can offer everyday!
4. **Babies do not need a large amount of solids to get the necessary nutrients they need in a day.** I frequently hear of babies being overfed solids, which can result in taking in a smaller amount of breast milk and difficulties pooping. Babies should get the same amount of breast milk daily until after a year.
  - 6 months – 3-5 bites 1x a day
  - 7 months- 5-7 bites 1x a day
  - 8 months- 7-10 bites 1x a day
  - 9 months- 7-10 bites 1x a day + 3-5 bites 1x a day
  - 10 months- 7-10 bites 1x a day + 5-7 bites 1x a day
  - 11 months- 7-10 bites 2x a day
  - 12 months- add a 3<sup>rd</sup> meal
  - add 2 snacks a day by 15 months
5. Always nurse no more than 30 minutes BEFORE offering solids. If baby doesn't nurse/take a bottle, do not offer solids. They are considered a dessert.
6. Gagging is a VERY normal response.
7. Food should be cut into finger length pieces



8. Meat is an excellent first food as it's high in iron!
9. Honey, **cooked or raw**, needs to be avoided until baby's first birthday.
10. Since BLW is skipping purees, in order to feed baby naturally pureed foods (mashed potatoes applesauce, yogurt), **preload a spoon and place it on baby's tray!**
11. After solids begin, baby should be pooping daily. If baby starts skipping days or poops become too firm, **back off on solids until pooping becomes regular again.**
12. Babies often begin by playing with their food before they eat it. This is normal! It is part of the experience!



# IRON-RICH FOODS

- ARE YOU GETTING ENOUGH?

ARTICHOKES



EGG YOLK



SCALLOPS



RED MEAT



DARK GREENS



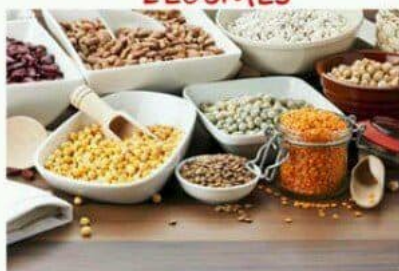
OYSTERS



DRIED FRUIT



LEGUMES



# Gagging vs. Choking

learn the difference ~ save a life

## Gagging:

-Child will open mouth and thrust tongue forward. Face may appear bright red.

-Child will sputter and cough. (Good signs- means they are working it out.)

Children have a very heightened gag reflex, designed to keep them safe from choking.

**DO NOT INTERFERE WITH A GAGGING CHILD - THIS CAN LEAD TO ACTUAL CHOKING.**

**LET THEM WORK IT OUT!**

## Choking:

-Child will begin to turn blue

-Child will be silent & unable to make noise

-Child may begin coughing if it is a partial blockage. (This is a good sign they are clearing their passage)

If child is silent and turning blue, proceed using standard first aid measures to dislodge the blockage

Learn more about first aid measures & find a class: [www.redcross.org](http://www.redcross.org)

## REMEMBER:

**Loud and Red, let them go ahead.**

**Silent and Blue, they need help from you!**

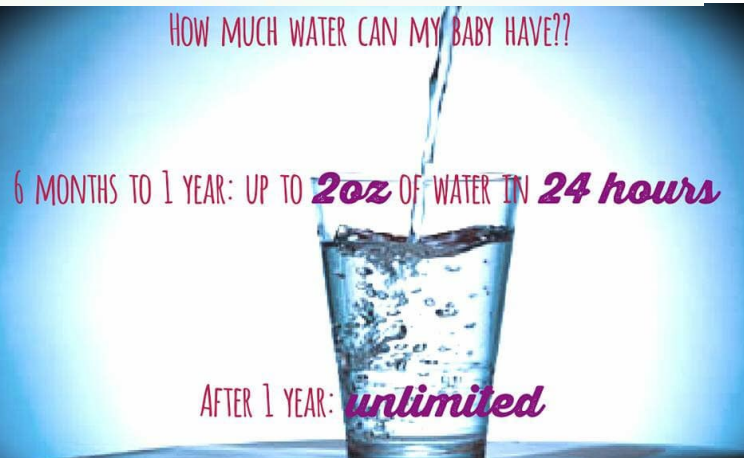
This advice brought to you by a mother and deputy coroner. Choking deaths are an unfortunate reality in her line of work but can be preventable. Please share this information! For more advice and insight visit [www.askacoroner.com](http://www.askacoroner.com) & find her book *Spoiler Alert: You're Gonna Die*



HOW MUCH WATER CAN MY BABY HAVE??

6 MONTHS TO 1 YEAR: UP TO **2oz** OF WATER IN **24 hours**

AFTER 1 YEAR: **unlimited**



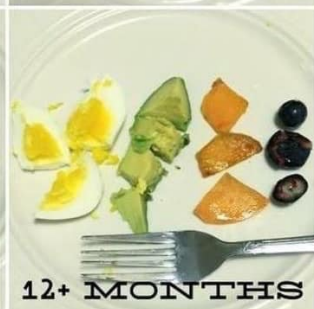
6 MONTHS



9 MONTHS



11-12 MONTHS



12+ MONTHS

**No juice before age 1!**

**Per the AAP, after age one, juice should not exceed 4 ounces a day if given!**

Quotes Creator

**Now that we have started solids, be sure to wipe baby's gums and/or teeth with a wet rag or baby toothbrush!**

bbs

BILTON BIRTH SERVICES