

One Year Since We Began Baby-Led Weaning #TBT

Description

Can you believe it's been a year since we first started baby-led weaning with Avery?!



Oh boy was that stressful! Wait a sec, it's still stressful, if not worse. She hardly touched the stuff at first, so it was only us doing the picking up part. I know, that's NOT BLW then!



Instead of not knowing what to do with it, she now picks up food, fully aware that itâ€™s meant to be eaten, and throws it instead. In retrospect, I kinda miss the BLW days.

In true Throwback Thursday fashion, I am going back in time to when we first started down this road of having more than just breast milk for Averyâ€™s food. We still have a long way to go, but sheâ€™s actually a really good eater compared to some of her peers.

Giving her an assortment of veggies from the get-go has paid off as she happily (usually) eats them all and never cries for some sugary packaged snacks. Because we donâ€™t have those in the house and never will!



Avery still eats plenty of steamed veggies, mostly broccoli, carrots (her current favorite), and cauliflower. For a real treat, itâ€™s banana with [NuttZo](#) and she can really put it away! But weâ€™re not talking about now, this is all about *then*! a year ago.

Maybe Iâ€™ll have a post a year from now and weâ€™ll go over Averyâ€™s ability to make a whole banana with lots of NuttZo disappear fast! For now, have a look back to May of 2014 with me and enjoy the posts detailing the start of our baby-led weaning journey.

To kick things off, I started looking into our options and shared my [top ten Pinterest picks on Baby-Led Weaning](#). Avery then had to give her input about [Beyond Breast Milk](#) where she tries non-food itemsâ€¦like my finger.



Things were a bit rough for a while and I cursed how easy things seemed when looking all over Pinterest. Instead of happily picking up the food we put in front of her, Avery just sat there and looked at us. This led me to try putting a piece of food in her mouth to help show her what itâ€™s for. Of course this is not BLW as I already mentioned, which is why I created [How Not to Start Baby-Led Weaning With Your Baby](#).



Time passed and we were seeing little progress. Naturally, I blogged about our [BLW Fail](#) but also shared Averyâ€™s first experience with our then pet turtle.



We were beginning to think Avery would never eat solids on her own, and I was convinced that babies are fully aware of [yo-yo dieting](#). But then, it happened, someone made positive [progress in the BLW department](#). Do you know who?



Good job, Avery, it was you!

From there, weâ€™ve been on a crazy roller-coaster ride (such is parenting, huh?) with her eating good some days and throwing it in our faces on other days. But after a [10k race I did on Memorial Day](#) last year, Avery made great progress and even stuffed her face!



Sheâ€™s come a long way from a year ago, and now sheâ€™ll eat the same thing I make for my wife most of the time. Some days sheâ€™s picky and others sheâ€™ll gobble everything in sight. From the experienced parents, I hear itâ€™s normal and accept it as suchâ€¦.kinda.

Itâ€™s still nerve-racking to have things you spend time cooking just thrown on the floor or given to the dog. Hopefully Iâ€™m not alone here. Iâ€™m sure itâ€™s easier if you just pick something up at a fast food chain, but thatâ€™s something sheâ€™ll never be given by us, so Iâ€™ll continue to put my care into the meals I make my family and know itâ€™s worldâ€™s better than what youâ€™d get at some restaurant.

How did you start your kids off eating solids?

Do you find it hard to watch food you make go by the wayside?

Date Created
2015/05/21