Going Dadâ€™s Top Ten Pinterest Picks (5): Baby-Led Weaning

Description

Well, itâ€™s here, Averyâ€™s half year mark. I canâ€™t believe our daughter has already been with us for 6 months! So much has happened and there is so *very* much still to come!

Scratch sitting up off the â€œto-doâ€• list!

Going Mom was adamant about strictly breastfeeding until the 6 month mark, and true to her word, she has held her ground. So many babies miss out on the best source of nutrition (and free!), and I am glad Kelley forged through the rough patches to make sure Avery was fed well!

Now the time has come to introduce solids to Avery since at this point her digestive system is developed well enough properly breakdown and utilize various foods. Breast milk will still be her main source of nutrition up to her one year mark, but now I get to take part in â€œproducingâ€• food for Avery!

In my last Top Ten Pinterest Picks post, I shared links related to homemade baby food purees, but baby-led weaning is something different. Baby-led weaning (BLW) is simply letting your child feed themselves at the very start of introducing solids.

Many parents stand by this style of teaching their little ones how to feed themselves and love that they donâ€™t have to fret over steaming, pureeing, and storing food in ice cube trays. Of course, things will get messy, and we accept thatâ€¦I think.

Although I was all for and ready to puree away, I started to get more and more into BLW as I read about it. So now, I might do a mixture of both, but weâ€™ll be starting Avery with the BLW method this weekend and I hope to have a successful report next week.

I have green beans, baby carrots, and avocado to start with; all organic. Iâ€™ll steam the green beans and carrots to make sure they are plenty soft for Averyâ€™s toothless mouth, and the avocado is fine as is. I plan on sticking with veggies and savory fruit like the avocado at first just to try and keep Avery from developing a sweet tooth right away.

If these prove successful, Iâ€™ll happily start giving her mango slices and bananas as a nice treat. Big things happening here in the Liley household, and weâ€™re excited to watch our daughter experience another first soon!

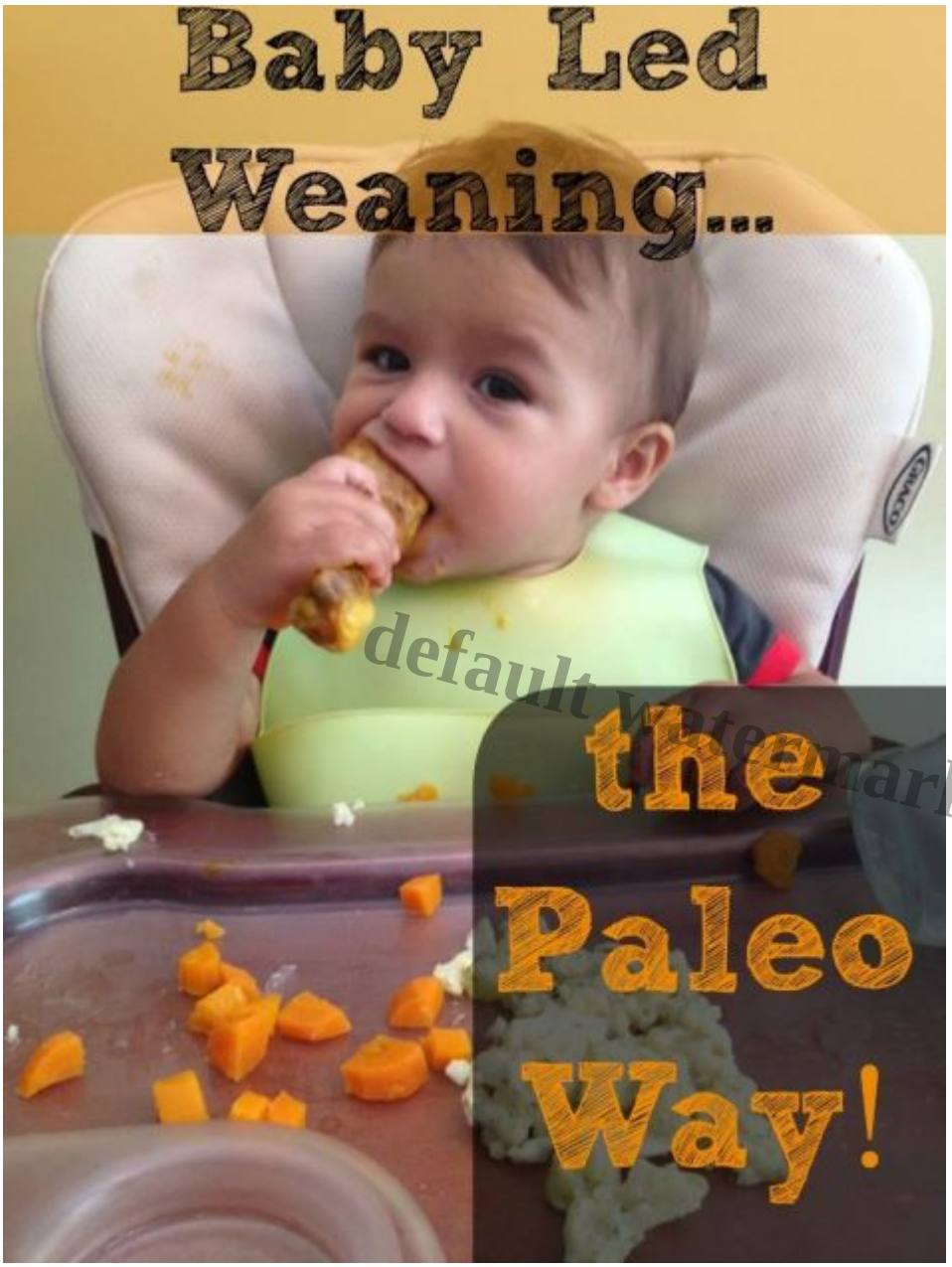
Check out my top ten Pinterest picks for Baby-led weaning and share any thoughts/advice you may have in the comments section.

1. Starting Baby-Led Weaning â€“ This is an informative post with tips on what to start with as well as covering any concerns you may have. I felt better after reading this one.

2. Getting started with baby-led weaning â€“ Going with the â€œalways get a second opinionâ€• motto, this is another post on the same site as above, but itâ€™s reassuring to read positive comments from another source, and then another, and another, andâ€¦well you get the point.

3. These might start feeling redundant, but I promise, you feel more comfortable after reading about BLW from various authors/parents. This one shares good foods to start with as well as how to properly prepare them.

4. Iâ€™m not â€œpaleoâ€•, but I know many are, and I assume theyâ€™d want the same for their little one. Just so happens, thereâ€™s a parent blogger who felt like sharing their experience. Paleo or not, this is actually a good source of info and is worth the read.



5. I plan on just using single ingredients to feed Avery, but if you feel like cooking, hereâ€™s a 100 recipes to get you started!

100
Baby-Led
Weaning
Recipes

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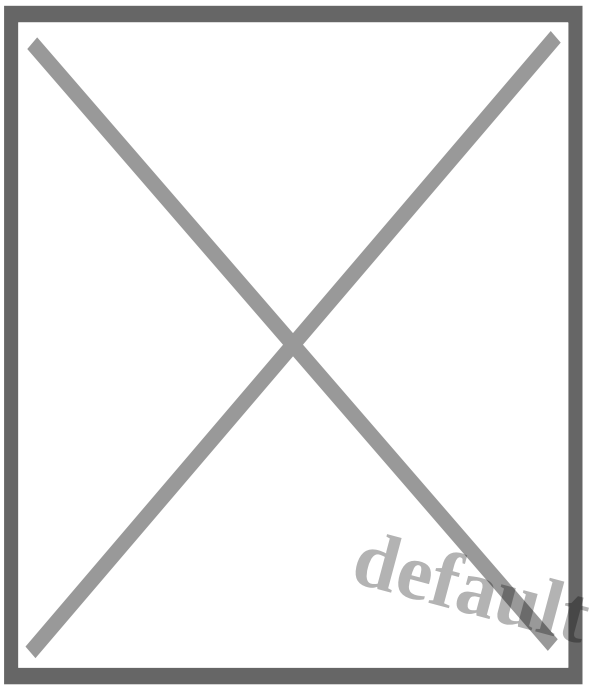
6. Unless youâ€™re on an all liquid diet, Iâ€™m sure you know what happens when you eat solid food; poop with substance. Weâ€™re a cloth diapering family, and since we need a way to remove the â€œbig depositsâ€• before putting in the diaper bin, a diaper sprayer is our chosen way. Some people dunk their diapersâ€¦.no thanks.

7. Since I prefer not to paint our bathroom walls with poop, this Spray Pal will keep the poo from splashing everywhere when you are spraying. I just received one free of charge from Spray Pal to

review, and Iâ€™ll share my experience very soon!



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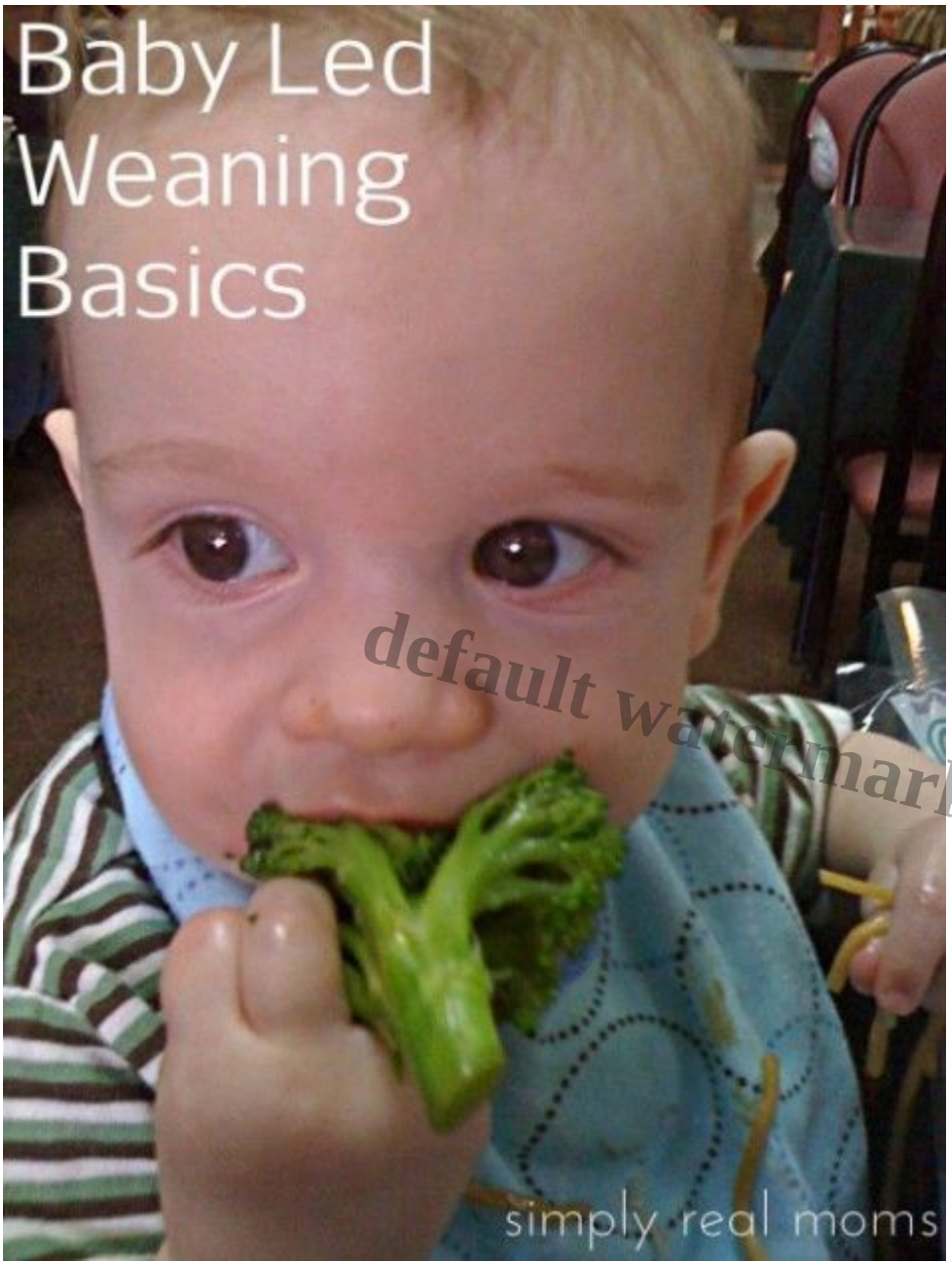
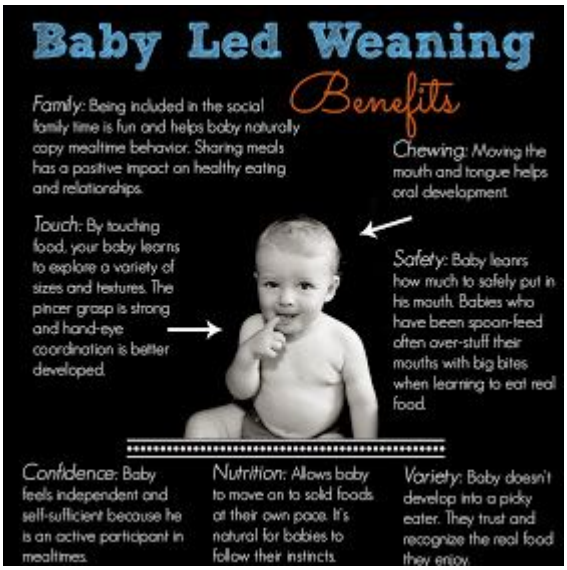
8. Just another option if you donâ€™t feel like making one yourself. Nothing wrong with it, and this is the one we just purchased.

9. Again, just making myself comfortable be reading about BLW from multiple sources. Weâ€™re all different and itâ€™s good to get many different opinions!



10. A simple site on why these parents love BLW and a list of benefits over being spoon-fed.



What are your thoughts on baby-led weaning?

Do you prefer the traditional spoon-fed method or like BLW better?

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