

"It sounds like common sense. After all, would you want to be strapped into a high chair and force-fed spoon after spoon of bland vegetables? It's surely much more exciting to be able to exercise a bit of control over your diet." — *The Guardian*

Baby-Led Weaning

The Essential Guide to
Introducing Solid Foods
and Helping Your Baby to Grow Up a
Happy and Confident Eater

no purées,
no stress,
no fuss!

GILL RAPLEY and
TRACEY MURKETT



Gill Rapley

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The Natural, No-Fuss, No-Purée way and make the changeover to solid food by following your baby's cues. At about half a year, most babies will be ready to join the family at the kitchen table and discover food for themselves. The Way for Starting Your Baby on Solid Foods Baby-Led Weaning explodes the myth that babies have to be spoon-fed and shows why self-feeding from the start of the weaning procedure is the healthiest way for your child to build up his skills. With baby-led weaning (BLW, for short), it is possible to skip purées with blogs and images to prove it! It's advancement, and demonstrates how to help your child: Take part in family meals right from the start Experiment with food at their own pace Develop new skills, 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 United Kingdom practically overnight, inspiring a fast-growing and now international network of parents who practice baby-led weaning. Baby-Led Weaning is the definitive guide to this essential period in your child's life. In Baby-Led Weaning, world-leading BLW authority Gill Rapley and early BLW practitioner and coauthor Tracey Murkett deliver everything you need to learn about raising healthy, assured eaters.



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Do yourself a favor and skip to the Baby-Led Weaning Cookbook! BLW is a superb concept. The author should include recipes and then it would be even more useful. Once I got my hands on the BLW Cookbook, I really was upset about the period of time I wasted reading this book. Do yourself a favor and skip to the Baby-Led Weaning Cookbook. No fighting with infants at the dining room table. Great simple concept that does not require a reserve, internet research is usually all you need. While I do just like the baby led weaning and will be doing my own edition of it I felt buying this publication about any of it was a waste of time and money. It is very clear the author wished to make a reserve to make \$ since there is so very much fluff and unrelated details in the book. In the end, BLW does not appear to possess any scientific legitimacy as much as pureeing the meals. The main points could have been summed up in a pamphlet therefore a book was just overkill. Save your money- do a little internet study and you will find everything you need to learn about baby-led weaning. Skip that one and obtain the cookbook or go surfing free of charge advice. Everything she tells you in right here you could see for free online. Wish I had followed information online and skipped this book and gone straight to the cookbook. There are many Facebook groups. I need recipe ideas, not really provided in this reserve. A systematic way to apply a common sense method of baby feeding. This book effectively debunks the idea that all babies must be force-fed pureed food--and thank God for that because who wants to force-feed a baby? Instead, the writer (Gill Rapley, PhD) provides a new perspective on when and how infants have started eating table foods, both historically and in other cultures all over the world. The gist: at six months of age, babies start experimenting with meals like they do with any brand-new toy. Eventually, they taste the meals and begin eating it for nourishment. As moms, we can trust that their babies have a natural instinct as to what to consume and just how much. Our job, then, is to supply the most nourishing options available in a safe and enjoyable environment. It has so much good information, especially the physiology and psychology behind it, in a very easy-to-read format. No blending purees for hours on end. The ENTIRE Baby-Led Weaning book is summarized in the first chapter of the cookbook. This sounds great if you ask me! If you're a mother of a baby, or you're expecting a child, I recommend this book! Love the idea, Hate the Book. A pal of mine did BLW and she has recommended it to us. We were skeptical and scared to feed our 6 months outdated in BLW method. For instance, authors encourage parents to feed veggie sushi rolls. This is a straightforward and fun way of introducing solid food to your baby. There are many sections that are redundant. I highly recommend BLW to additional new parents. But I would be very careful feeding my baby any restaurant food unless I know all of the ingredients. It sounds healthy, but sushi rice offers gotten loads of glucose and salt. But our baby has adopted BLW very well from the day one. I don't believe authors should recommend meals that they don't learn how to make it. 196), but they write on the next web page that mackerel should be best avoided. I'd rate the publication itself ONE STAR, because it is the most unorganized reserve I have ever read. I acquired so discouraged reading it. The book starts with an extended justification. Very informative book I'm finding this book so beneficial to explain why that is a good method for introducing solids to babies, so I can easily clarify it to family members as well. It has been three weeks, and our baby has recently digested solid food. I enjoyed the section on Bribes, Benefits, and Punishments (p. If you don't have a period to learn the whole book, I would just browse the bullet points and Appendix 2 properly and skim through other parts. Don't feed any sushi rice to your child. Also, the authors declare that pureeing method has no scientific study to support its effectiveness. So, naturally I expected to examine about BLW's scientific study and its own supporting evidence in the beginning, but I did not get to learn about it until I reached Appendix 1. She still has a problems with sucking on meat. 221). A complete

book on baby-led weaning is simply not necessary because the concept is quite simple- let your baby feed themselves at their own pace. For example, the authors say mackerel with rice can be an example of food that have lots of different nutrients (p. And there are some contradictory statements. The entire book could very easily be 50 pages, but instead the chapter "Getting Began " begins on page 62. This section was very educational. Update: Three months later and our daughter is eating well. Could it be simply me that it had been disappointing to discover that BLW was among the authors' master's degree project, which was conducted with "a little group of parents" (p. We have been doing BLW, but missed the book ... We are doing BLW, but didn't find the book very helpful. I think that's in the centre of this reserve—going off your gut and letting your child lead the way. Excellent Resource The book can feel just like a purist approach—but it's super helpful for a first-time mother seeking to use BLW for feeding her daughter. Super Helpful my baby is thriving with BLW! It just made sense if you ask me to do so for things like wild rice and quinoa, which my daughter loves, but was struggling to pick up herself. I just went with my gut and fed her with a spoon so long as she still seemed interested. It's nothing you can't find on the web and the publication is very repetitive. My family has many generations of disordered eating. Right here's to breaking that cycle! Difficult read We plan to use BLW and trudged through this horrible book.171-2). It's repetitive and unorganized. This should be considered a pamphlet, not a book The book is very very long winded and you also could probably condense everything into a pamphlet. This book has great ideas, however, is dried out and repetitive. You don't get to discover ways to do BLW until web page 74. Simply no commercially-prepared baby foods. We will put it into practice quickly when our baby is usually ready! Five Stars Great book to help ease any fears or anxieties you may have about feeding your little one solid foods. And at the end of the book—in the FAQ—I'm learned that the authors are alright with spoon-feeding some stuff.



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