

Baby Led Weaning

Dear Parent/Carer

You have chosen for your child to be baby led weaned. While we appreciate that this is something you have carefully considered we feel we have a duty to inform you of the pros and cons.

Baby led weaning allows your baby to take the lead in the weaning process. Instead of spoon feeding your baby pureed food, you give them finger foods and let them feed themselves from the start. Your baby can choose what they want to eat and eat as much or as little as they wish. Weaning usually starts from 6 months. Ideal first foods should be cut into a stick shape long enough for the baby to hold in their fist and should be soft enough to bite with their gums, but not so soft that it can be squeezed to mush.

Pros	Cons
No baby purées to make	Can take some planning
No transition to lumpy food	Baby eats less solid food- BLW babies often don't manage to eat much solid food until about 9 months of age, so they might still wake up for milk feeds at night time for longer than their puree-fed counterparts.
Less stressful-BLW babies are free to choose what and how much they want to eat, eliminating battles and making mealtimes more enjoyable for everyone.	Baby who feed themselves may not get as many nutrients if enough food is not being eaten
Because your baby tries a wide variety of foods from the start, they are likely to become an adventurous eater, and be more willing to try new things this could lower the risk of picky eating later on.	Frustration may occur at first when they are unable to pick up food easily
Baby feels in control of his/her eating	You'll need to allow your baby plenty of time to eat.
Baby uses own hunger cues to tell if they are full	Increased choking hazard
Pincer grasp is perfected early on	It can be messy
Sense of independence fostered in	A lot of food waste

child	
It allows your baby to share family meals earlier	You might miss some of your favourite foods -Much of the food you eat as an adult might not be suitable for a baby (e.g. ready meals, curries, or anything processed that might contain too much salt or additives)

I have read understand the pros and cons and would like my child to be baby led weaned at nursery.

Signed _____ Date _____