

Weaning or Baby Led Weaning?

There are two different ways of weaning your baby - spoon feeding purees or baby led weaning (it is your choice!)

The difference between the two?

Purees or spoon feeding: You spoon feed your baby smooth purees, progressing to mashed/chopped textures over the next couple of months; finger foods are introduced at around 7-8 months.

Baby led weaning: The philosophy behind this is to let your baby take the lead and explore solid food at their own pace, generally the food your family is eating. Starting immediately with soft food and missing pureed foods.

Or maybe you could try the **mixed method** - which is spoon-led weaning with the introduction of finger food!

Advantages of baby led weaning

Preparation for mealtimes is easy! Baby is having suitable parts of your family meals.

It encourages shared and social eating.

It can avoid the transition from purees to lumps as babies get used to chewing from the

Advantages of purees/spoon led feeding

It may be easier to introduce iron-rich foods (such as meat, green vegetables) at 6 months, which can be difficult for 6 month old babies to chew.

There's less worry about gagging and choking.

It's less messy, great for feeding on the go.

Advantages of the Mixed Method

It can be easier to give your baby iron-rich foods from 6 months.

It encourages your baby to use a spoon to self-feed, developing onto cutlery use.

Your baby can discover new tastes and textures by playing with finger food while you're spoon feeding.

Which method do most parents use?

Around **60%** use spoon-led purees
Around **9%** use just baby-led weaning

And Around **31%** use a mix of purees and finger foods immediately

