

## Baby-led weaning: Practical tips for parents

### Start with iron-rich foods!

#### How to prepare iron-rich foods for baby-led weaning (BLW)

You can reduce the risk of choking by offering baby foods that are the right size and texture and by supervising baby while they eat.



Offer tender chicken drumsticks by removing the sharp bone and skin or offer soft, well-cooked strips of meat



Offer omelette fingers or hard-boiled eggs cut in quarters



Spread meat puree or mashed legumes on toast or crackers



Offer canned sardines or make nuggets using canned fish



Offer pureed meat or fish or baby cereal in a pre-filled spoon for baby to take on their own



Add iron-fortified baby cereal to a pancake or muffin recipe



Offer tender balls of meat, fish or legumes

Be sure to learn about the foods and textures that are suitable for baby before starting BLW.



Offer iron-rich foods at every meal.

## Tips to make mealtime easier

### To make the post-meal cleanup easier

- Have baby wear a plastic or long-sleeved bib.
- Let baby eat in a diaper.
- Cover the floor with a tablecloth, sheet or towel.
- Choose a highchair or booster chair that's easy to wash.
- Seat baby as close as possible to the table or their highchair tray.

### To help baby learn

- Eat together as a family. You're their role model.
- Be sure to offer baby-size pieces.
- Help baby pick up the pieces if they're struggling at first.
- Limit distractions, like television and toys, during mealtimes.
- Let baby play with their food.

### To reduce waste

- Only offer baby a few pieces of food at a time.
- Store foods that baby doesn't eat in the refrigerator so that you can offer them at a later meal or eat them yourself.
- Avoid making large portions. Baby will eat small amounts at first.

### To simplify meal preparation

- Make foods in advance and freeze them, such as muffins, meatballs and omelette fingers.
- Reserve a portion of the family meal for baby before adding salt. Adapt the texture if needed.

Trust your baby and respect their appetite. Don't force them to eat.

