



Presented by The Village Doulas

Starting Solids



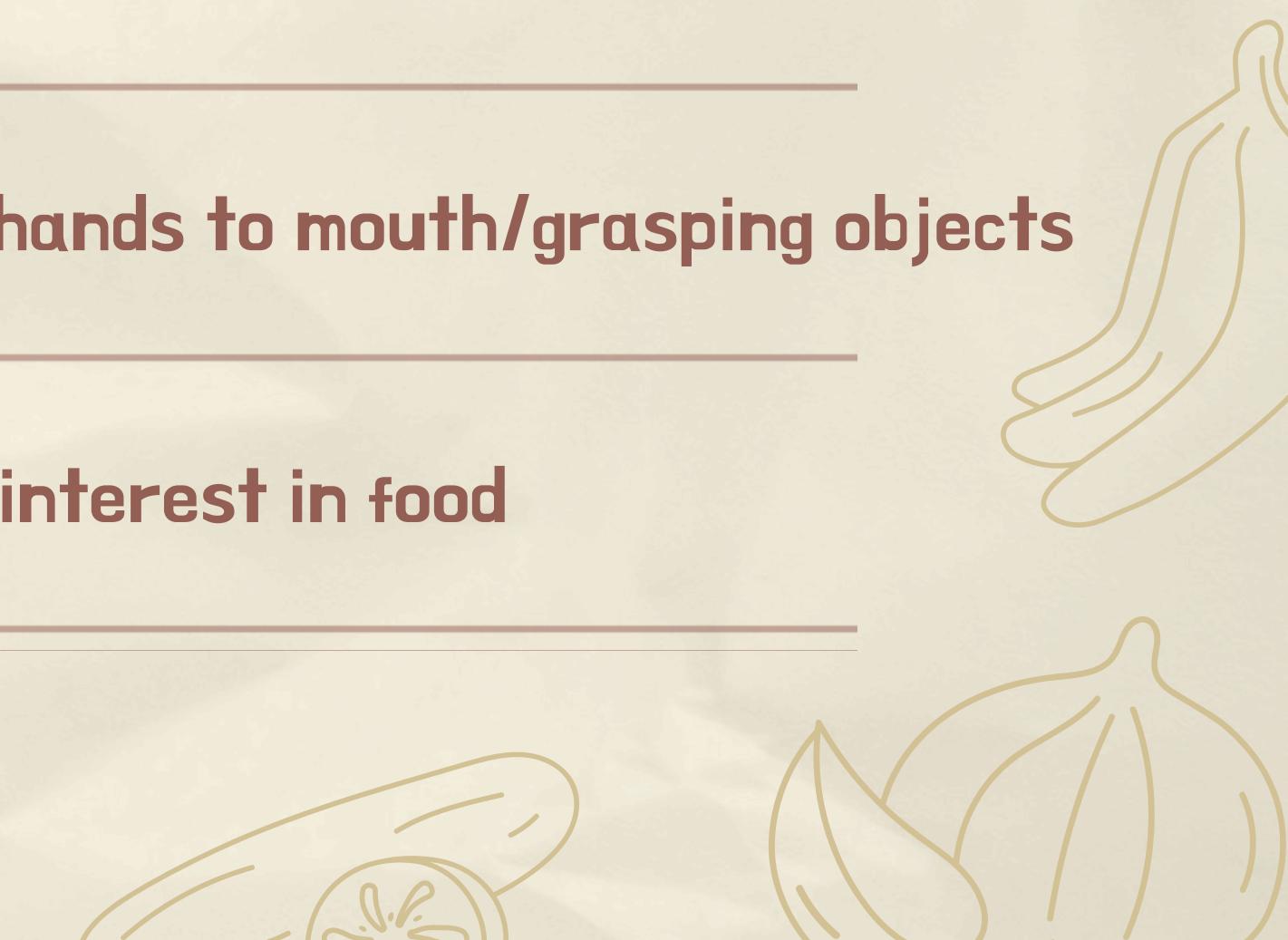
Do things at
your own pace.
Life's not a race.





**When to Start:
Factors that hint
your baby is ready
to start trying food.**

- 1 Neck control
- 2 Ability to sit in a high chair
- 3 Better coordination
- 4 Bringing hands to mouth/grasping objects
- 5 Showing interest in food



Development of Eating Skills

- Latch on to breast or bottle
- Reaching out to interesting things
- Grasp objects and bring to mouth
- Explore things with lips and tongue
- Bite off a piece of food



- Chewing
- Actively moving food to back of mouth to be swallowed
- Pincer grasp

Macros for Babies

Babies have unique needs for their physical development. The break down looks something like this:



Prioritizing Nutrients

Nutrient	Sources	Function
Iron	Eggs, Lentils, Spinach, Red Meat, Chicken, Peas, Lima Beans, Tuna, Sardines, Nuts and Seeds, Tofu, Leafy Greens	Around 6 mo baby begins to rely on their own iron absorption vs what they got from mom. Iron is a crucial component of Oxygenation throughout the body.
Proteins	Milk, Eggs, Meat, Beans, Tofu, Fish, Lentils, Legumes, Cheese, Greens, Yogurt, Whole Grains	Infancy is the most rapid pace of growth we ever experience. Protein consumption supports this rapid growth.
Fats	Avocado, Fish, Full-fat yogurt, Olive oil, Butter, Nut butter, Chia seeds, Ground flaxseeds	Fats provide much needed energy for infants to grow and their brains to develop.
Allergens	Milk, Eggs, Fish, Shellfish, Tree nuts, Peanuts, Wheat, Soy, Sesame	AAP advises to begin between 4-6 months of age. Introduce 1 at a time, starting with small amounts, give allergens early in the day, give allergens frequently.

The Puree Method

Begins as soon as the readiness signs are noticed, typically around 4-6 months of age. Babies are given 1-2 table spoons of pureed food specifically formulated to meet their nutritional needs. As tolerated they will increase in amount and frequency until they are around 9 months old when they should transition to more soft table foods.

Benefits:

1. Convenience/Access
2. Easy to track and measure
3. Easy to ensure nutrient density
4. Less mess and food waste
5. More support from older family members and friends



The Puree Method

Risks:

1. Baby may have texture issues later
2. Potential heavy metal exposure
3. Tend to eat less iron and protein than BLW
4. More limited diet
5. Less responsive to hunger/fullness
6. New guidance discourages food before 6 months and encourages chewing food skill development around 6 months.



Trajectory of the Puree Method



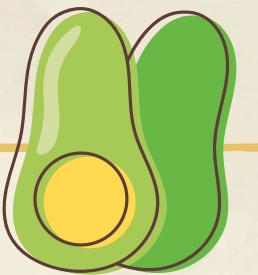
Step 1: 4-9 months

Starting with small amounts of purees

Spoon fed

Seated in high chair

Introduction of allergens



Step 2: 9-12 months

Introduce soft table foods

Self feeding

Joining family meal structure

Continue with allergens frequently

Step 3: 1-3 years

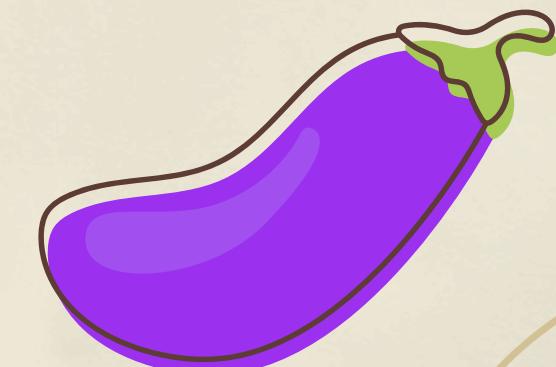
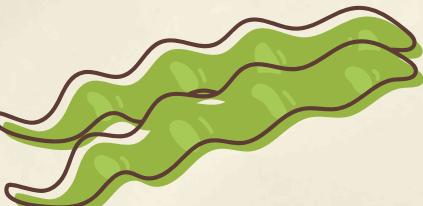
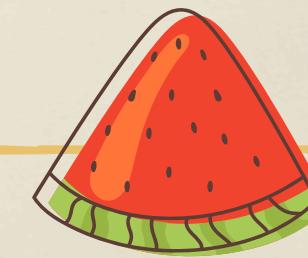
Continue to monitor choking hazards

Self feeding

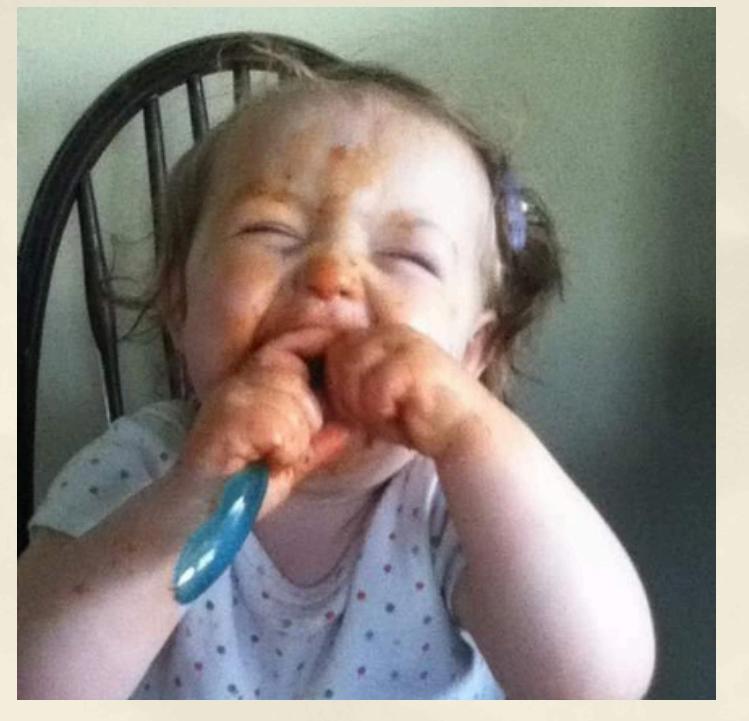
Eating family meals

Parents provide kids decide

Picky eating era



Food before ONE
is just for FUN!



Baby Led Weaning

The foundation of Baby Led Weaning is ancient, but in recent years changing advice has once again brought BLW to popularity. Babies skip over the puree stage of eating and spoon feeding methods in favor of a more interactive experience.



Baby Led Weaning

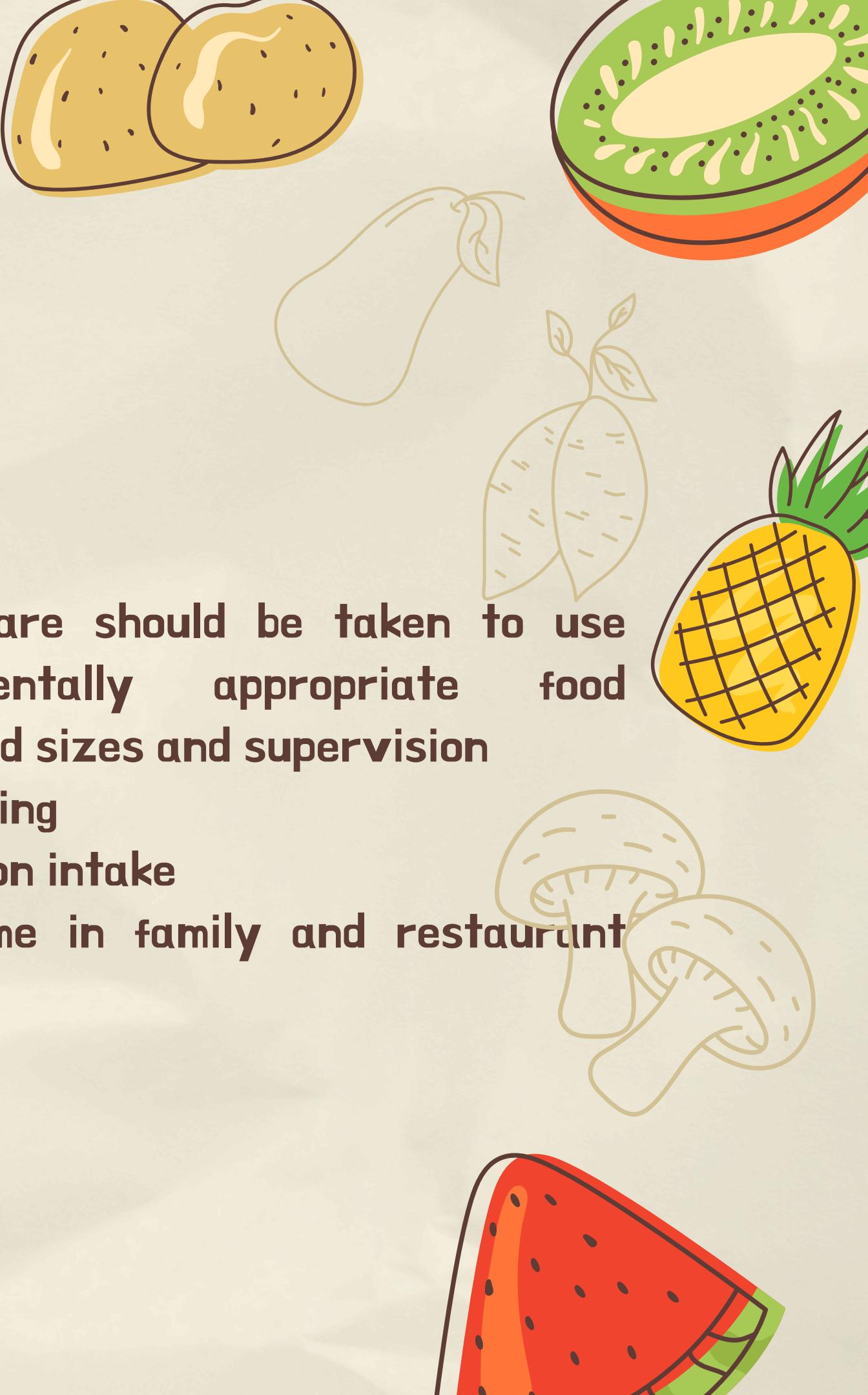
Comparing risks vs benefits

Benefits:

- Better appetite control
- Wider diet variety
- Improved motor skill development
- May be protective and encouraging of Breast Feeding
 - Increased breastfeeding leads to lower obesity rates, less fussy eaters, and slower eating pace
- Tend to intake significantly higher amount of protein
- Tend to be introduced to more iron rich food sources

Risks:

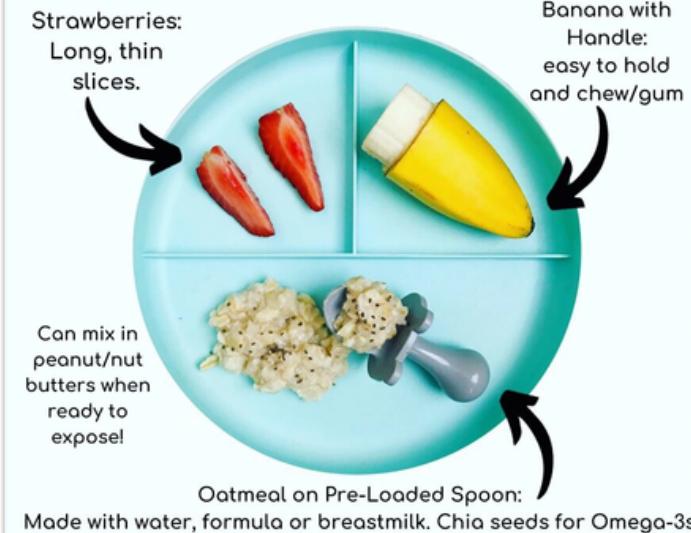
- Choking
 - Special care should be taken to use developmentally appropriate shapes and sizes and supervision
- Growth faltering
- Inadequate iron intake
- Sodium volume in family and restaurant foods
- The mess...



Stages and Food Sizes BLW

Stage 1: 6 months +

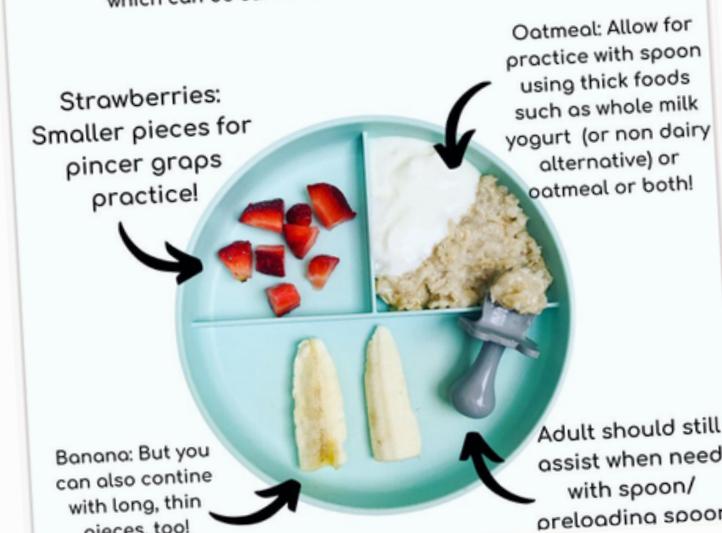
After baby meets physical signs of readiness to start solids.



stage 1

Stage 2: 9 months +

After baby masters stage 1 and begins developing pincer grasp which can be earlier than 9 months for some babies.

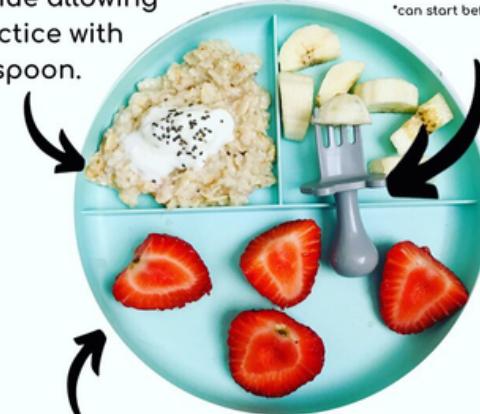


stage 2

Stage 3: 12 months +

Continue allowing practice with spoon.

Practice with preloaded fork!
*can start before 12 months



stage 3

Adult Meal: Oatmeal Bowl

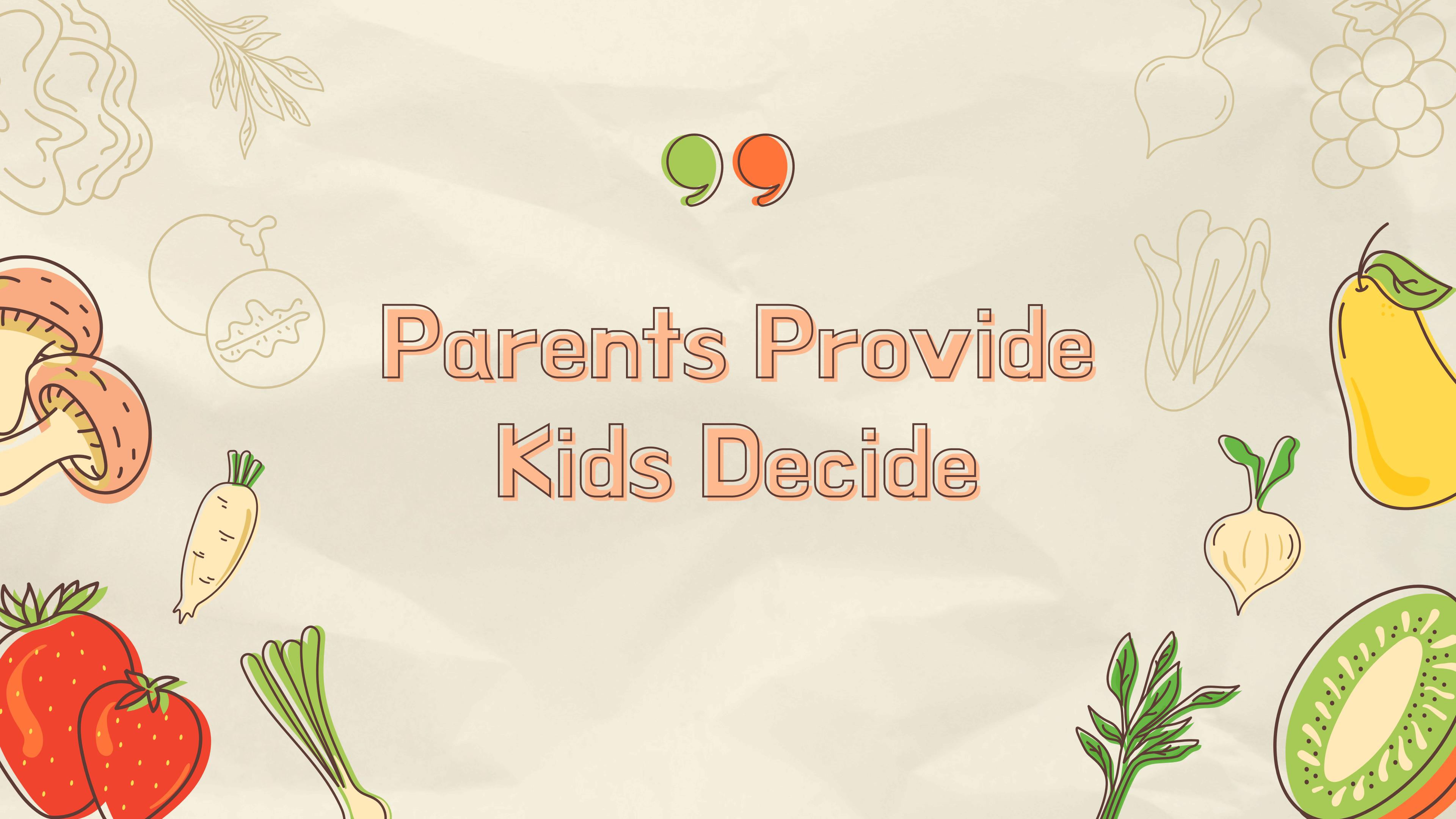
Nutrient Dense

- ✓ Whole Grains
- ✓ Healthy Fat
- ✓ Protein
- ✓ Vitamins
- ✓ Minerals
- ✓ Antioxidants
- ✓ Fiber

Overnight Oats make mornings easier on tired parents!



adult meal



Parents Provide
Kids Decide



Comparison of Mindset

Arguably the biggest difference between these two feeding methods is the approach to the meal time mindset.

BLW	Purees
<ul style="list-style-type: none">• Baby is given the opportunity to eat• Mealtimes are shared• Baby and family eat the same foods• Baby chooses mouthfuls, pace, and volume of food consumed• Baby is actively participating• Baby progresses at their own pace	<ul style="list-style-type: none">• Baby is expected to eat• Baby often eats separately• Baby eats different foods from family• Mouthfuls, volume of meals, and pace of eating chosen by parents• Baby is a passive participant• Progression is done at the parents desired speed



Thank you!

Do You Have Any Question?