

Baby-Led Weaning

A Natural Introduction to Solids



Nisha loves her fruit and veg.

Meal times are fun.

She gets to eat with all the family.

She doesn't have to wait for food to be pureed.

She picks and chooses from a delicious menu.

It doesn't matter if she satisfies her sweet tooth with yummy fruit first.

She never bites off more than she can chew.

For further information see www.breastfeedingnetwork.org.uk

BfN The Breastfeeding Network

Supporterline 0844 412 4664 9.30 am – 9.30pm every day of the year

Do

Start to introduce solids at six months

Offer finger foods

Always supervise your baby

Let your baby take the lead

Don't

Worry about the mess

Force your child to eat

Make her eat more than she wants

The Breastfeeding Network Trust (The Breastfeeding Network)
is a recognised Scottish Charity No SC027007