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Synopsis. In Baby-led Weaning, leading health visitor Gill Rapley and journalist and mum Tracey Murkett introduced parents to a common sense, easy and enjoyable approach to feeding your child, allowing your baby to join in

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share will be a

cinch. Gill Rapley
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Hello Deborah

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will help you get

started with

cooking for a

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up to this, The

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quite simply, means
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letting your child
To Enjoy
feed themselves

from the very start
of weaning. The
term was originally
coined by Gill
Rapley, a former

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Health Visitor and midwife. According to the most recent research most babies reach for food at around six months, which is also the time that mothers are being encouraged to wean* by their Health Visitors, in accordance with the WHO guidelines.

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The Mush Stops
Here!

Method: In a large pan, heat the oil over a medium heat and then fry the chicken, lardons (if using) and onion - fry for 5 minutes until sealed and then transfer to the slow cooker. Add

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the rest of the ingredients to the slow cooker, except 1 tablespoon of the pesto, the potatoes and parmesan – stir gently.

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nutritious and are all designed to get your kids eating more vegetables and fruit in a yummy and fun way. close x.

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organized by
baby ' s age. What is

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Baby-Led Weaning?

Baby-led weaning (BLW) is an approach to

introducing solid food where baby is allowed and encouraged to self-feed solid finger foods instead of receiving purées via spoon.

The Mama Natural

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Baby-Led Weaning
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Baby-led weaning
(BLW) means

forgetting purees
and weaning

spoons, and simply
letting your baby

feed himself. Like
traditional weaning,

it's suitable from
six months (NCT

2013). Many

parents follow BLW

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without even
thinking about it.

This is particularly
the case with

second or later

children. Babies
love to copy their
older siblings.

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Baby-led weaning is
about giving your
baby family foods

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so that they can get used to all the tastes and textures you eat as a family; however, family foods are not always great for baby. We know that feeding your child pizza and chips on a regular basis is not a good idea, but neither is feeding your baby a diet full

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of wholegrains and pulses, or giving lots of low-fat foods.

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Nutritional Advice –
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Cook the lentils in

the water until soft, and all the liquid is absorbed Chop the onion finely and fry in the butter until soft. Combine all

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the ingredients and
press into an oiled
9 tin. Bake at Gas
5 for around 30
minutes.

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