

## BABY-LED WEANING VS PARENT-LED WEANING



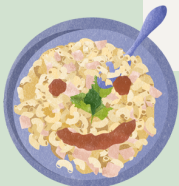
### Baby-Led Weaning

Your baby is 6 month old or more and has met all the signs of readiness

You feel confident that the food you are offering is in safe shape, texture and size as finger foods for your baby's age.

It's the weekend! You prepared a delicious healthy meal for the fam and figured that it could easily be baby friendly and served as finger food.

Your baby is 9 month old! If you haven't already, now might be a good time to start finger foods! At this age, baby developed mastication reflex and shows more independence during mealtime.



### Parent-Led Weaning

Your baby is not quite yet 6 month old (but more than 4 months) and has met most of the signs of readiness

You feel safer to offer food as puree and serve it to your baby as you are not sure to be ready for self-feeding and finger foods yet.

You prepared a whole batch of puree for your little one which will be SO convenient for the upcoming busy week and for daycare.

Before baby can 100% eat by him or herself, it's completely OK to alternate and spoon-feed when needed (ahem kitchen was just cleaned and I don't feel like spending 2h passed bedtime on my knees gathering grains of rice).