



# Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater

By Gill Rapley, Tracey Murkett

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**Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater** By Gill Rapley, Tracey Murkett

## The Natural, No-Fuss, No-Purée Method for Starting Your Baby on Solid Foods

*Baby-Led Weaning* explodes the myth that babies need to be spoon-fed and shows why self-feeding from the start of the weaning process is the healthiest way for your child to develop. With baby-led weaning (BLW, for short), you can skip purées and make the transition to solid food by following your baby's cues.

At about six months, most babies are ready to join the family at the kitchen table and discover food for themselves. *Baby-Led Weaning* is the definitive guide to this crucial period in your child's development, and shows you how to help your baby:

- Participate in family meals right from the start
- Experiment with food at his or her own pace
- Develop new abilities, including hand-eye coordination and chewing
- Learn to love a variety of foods and to enjoy mealtimes

Baby-led weaning became a parenting phenomenon in the UK practically overnight, inspiring a fast-growing and now international online community of parents who practice baby-led weaning—with blogs and pictures to prove it! In *Baby-Led Weaning*, world-leading BLW authority Gill Rapley and early BLW practitioner and coauthor Tracey Murkett deliver everything you need to know about raising healthy, confident eaters.

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## **Editorial Review**

Review

**STARRED REVIEW**—"Nurse Rapley and freelance writer Murkett encourage parents to forgo the usual baby puree and move straight to whole foods while continuing to breastfeed primarily after a baby is six months old. Their arguments are scientifically sound, especially when it comes to muscle development in the mouth, and they address the anticipated counterarguments, e.g., the need for iron-fortified cereal at six months. Some parents will be concerned about their lax approach to the order of allowable foods and especially their lack of concern about nuts, but allergic warnings are given where necessary. If mine were little again, I would definitely try this. As long as mom is nursing, who says baby can't eat lamb chops?"

—*Library Journal*

"I've been telling mothers for years that when babies start grabbing food from the table, they are ready for solids. I had the pleasure of observing this with my own children. What I love about this book is the joy and zest the authors put into parenting, their commonsense approach, and their faith that babies will do the right things for themselves when the time is right. Baby-led weaning is easy, and it makes parenting fun!"

—**Nikki Lee RN, MS, IBCLC**

"Gill Rapley's work is amazing and makes so much sense. I recommend this groundbreaking book to every new mother I know. Read it. It will forever change the way you think about feeding your baby."

—**Kathleen Kendall-Tackett, PhD, IBCLC**, clinical associate professor of pediatrics, Texas Tech University School of Medicine, and coauthor of *Breastfeeding Made Simple*

"The benefits are great"

—*Independent*

"[Baby-led weaning] makes life so much easier."

—*The Times*

"It sounds like common sense: after all, would you want to be strapped into a high chair and force-fed spoon after spoon of bland vegetables? It's surely much more exciting to be able to exercise a bit of control over your diet."

—*The Guardian*

"I see many happy children, who chose their own food independently and eat at their own pace."

—**Stefan Kleintjes**, pediatric dietitian

"Sharing food with Mirah has turned out to be one of the great joys of parenting. Watching her respond to the pleasures of ripe tomatoes, curried rice noodles, and all kinds of meats and vegetables has made mealtime a much more enjoyable experience for all three of us. We can tell she is learning through all of her senses about how various substances respond to being crumbled or dropped or mashed. She seems to really like that she is eating the same foods as we are, and since we are generally sharing the same meal, I am more likely to make us all something healthy."

—**Aimee Pohl, Babble.com**

“It’s been wonderful, and very funny, watching her discover food, her great concentration in navigating new textures and exploring new tastes... One of our favourite things about BLW is its emphasis on families eating together.”

—**Nicola Kent, *The Guardian***

“You just hand them the food in a suitably-sized piece and if they like it they eat it and if they don’t they won’t... That’s the essence of Baby Led Weaning. No purees, no ice cube trays, no food processor, no potato masher . . . just you and your child, eating food that you enjoy with you and your family . . . My baby is nearly seven months old and . . . ADORED feeding herself while her parents ate their own meals. I can’t even begin to tell you how pleasant it is to eat in a restaurant with your Baby Led Weaning child chomping on a piece of bread and butter or a chunk of cucumber from your salad beside you.”

—**Aitch, founder of Babyledweaning.com**

“The thing I really love about baby led weaning is that my son can actively participate in family meals . . . I love that I don’t have to cook 2 different meals, I simply have to adjust our family meal to ensure it’s suitable for him . . . We’re having a blast watching our little men truly learn to enjoy and appreciate food in all of its glory. And it’s SO much easier than purees!”

—**NaturalParentingTips.com**

“As a child psychiatrist, I have worked on a team for children with feeding difficulties... One of the main things I would recommend to these families is giving the child control, and allowing them to have small successes to build on rather than pushing food on them and ending up in a battle . . . I believe strongly in baby led play (again, something I would teach at work) and baby led routines rather than routines being forced on babies to suit parents’ lifestyles (as suggested by at least one popular parenting book). So this intuitively makes sense to me.”

—**Child and Adolescent Psychiatrist** ([psychiatristparent.wordpress.com](http://psychiatristparent.wordpress.com))

## About the Author

**Gill Rapley**, a public health nurse for 20 years and the mother of three, originated the theory of baby-led weaning while pursuing her master’s degree. **Tracey Murkett**, a freelance writer and journalist, followed baby-led weaning with her daughter.

## Users Review

### From reader reviews:

#### **Michael Scott:**

Reading a e-book tends to be new life style within this era globalization. With examining you can get a lot of information that could give you benefit in your life. With book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A lot of author can inspire all their reader with their story as well as their experience. Not only situation that share in the ebooks. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that exist now. The authors in this world always try to improve their talent in writing, they also doing some research before they write to the book. One of them is this Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater.

**Terry Crabtree:**

Reading a book to become new life style in this year; every people loves to go through a book. When you read a book you can get a lots of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself read a fiction books, this sort of us novel, comics, in addition to soon. The Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater provide you with new experience in looking at a book.

**Phillip Hicks:**

In this age globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The book that recommended to you is Baby-Led Weaning: The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater this guide consist a lot of the information of the condition of this world now. This kind of book was represented how do the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. Often the writer made some investigation when he makes this book. Here is why this book suitable all of you.

**Jeannine Lawson:**

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