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A Mom's Practical Guide To Baby-Led Weaning



A MOM'S PRACTICAL
GUIDE TO
BABY-LED WEANING
Brittany Dixon



Synopsis

A Momâ€™s Practical Guide to Baby-Led Weaning is written by popular blogger and mother of two, Brittany Dixon (www.ahealthysliceoflife.com). Prior to starting her blog, Brittany was a certified fitness and weight management consultant, who managed her own health coaching and metabolic testing company before closing it to stay home and raise her two beautiful daughters. This book includes a brief history of the practice of Baby-Led Weaning, outlines benefits both for baby and parents, answers common concerns, discusses when and how to begin, and even includes some recipes to get you started!

Baby-led weaning, or BLW, is the practice of allowing babies to feed themselves whole foods from the very beginning. That means babies use their little hands to grasp, mash, and feed themselves whole, natural foods without special preparation. It also means thereâ€™s no need for you, as a parent, to stock up on hundreds of jars of pureed baby food (or spend hours making your own), or to sit and spoon food into your little oneâ€™s mouth. BLW does away with lots of the time-consuming parts of baby feeding by allowing your baby to feed him or herself. There are many reasons why parents might decide to try baby-led weaning with their children. There has been quite a bit of research lately that deals with the developmental benefits of BLW but there are also many more practical reasons why parents might be enticed to try BLW. Perhaps they, themselves, were picky eaters and they are hoping to raise children with more adventurous palettes. Maybe they are trying to save money on their familyâ€™s food budget and they want to avoid having to purchase expensive baby foods. Or maybe they care about obesity issues facing peopleâ€”particularly childrenâ€”and want to instill in their children a healthy relationship with food. Any of these reasons are great ones for exploring baby-led weaning with your children. Maybe all of them make sense to you. Or maybe your reasons are entirely different. Whatever the rationale, A Momâ€™s Practical Guide to Baby-Led Weaning is thorough enough to answer your questions and give you the confidence to succeed!

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Customer Reviews

Although I didn't start the baby-led weaning process from the get-go, this book was very helpful to me and couldn't have come at a better time. My son began refusing a spoon around 8 months old and I was at a loss as to what to feed him, how small to cut it up, etc. so I just began trying my own thing. I ordered this book to give me some insight into the BLW process. It was a very fast read and full of great information that is indeed "practical". If I had gotten this book sooner I would have completely started out feeding him through baby-led weaning instead of baby food/purees/cereal. It all made sense!!! I love that the book is written by a real mom who you can totally relate to. It also includes a few recipes that my son loved!! I have highlighted key points for my husband and in-laws which clarifies lots of questions that they have asked such as "is baby getting enough nutrition, will he choke," etc. and will share it with them. It does an excellent job of answering all of those questions in a practical way that makes sense. I would recommend this book to any mom who wants to understand baby-led weaning and how to go about it. It is a short read which is great because let's face it mom's (and dad's) don't have tons of time to sit and read a long drawn out book.

What an awesome read! My son is 6 months next week and I've been wanting to try baby-led weaning but hadn't had time to do the research. Brittany's book is an easy read and gives great practical advice about how/when to start! We can't wait to get started next week!

This was such a quick, but informative read! As the title states, it is a very practical guide that any mom (or dad!) can follow. Any and all questions I had regarding baby led weaning were answered with this book and I now feel confident to try BLW with my son. I would recommend this book to

anyone considering BLW!

I did not find this book to be helpful. I bought this book excited to learn more specific information about how the whole process works and didn't learn more than 2 pieces of new information. It may help those who have done zero research, as an introduction to a new concept, but overall, I would not recommend.

I liked the writing and it was easy to understand, but I wish it had a lot more recipes or food ideas for baby led weaning. I was looking for more action, less talk about the method and why it's good for your kid.

Bought this book to learn more about BLW. I probably didn't need to as most of the info I had gleaned from reading various websites anyway. However with that said, Brittany has a very nice tone to her writing. She speaks positively about BLW and how it worked for her. I found it quite one-sided though i.e. all the positives about BLW but no alternative viewpoints were presented in the book. I have twins. I tried BLW and found that one baby is quite interested in grabbing food and the other isn't, so I am doing a traditional-BLW combo weaning. I think the key thing for me is to be aware of what your baby is capable of and go from there with weaning, and not to follow any method blindly.

I bought this book for my three nieces, who are pregnant. They are going to be excited because this book is so well written and by someone who has successfully experienced everything first-hand! And, it is a book of love.

I have 3 kids but this is my first experience with Baby Led Weaning. I was interested in trying BLW after reading on Brittany's blog about it while pregnant. We just tried it after my son turned 6 months. The book is super easy to read with examples and something else that is nice... Brittany's blog offers meal options. I felt more confident in my choice after reading this book because she states over and over, there is no wrong way to do this and most of all enjoy the experience!

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