

# Spoon Feeding vs Baby Led Weaning: The Ultimate Guide

When it comes to feeding your baby, there are two main methods to choose from: spoon feeding and baby led weaning (BLW). Both methods have their own advantages and disadvantages, so it's important to weigh the pros and cons before making a decision.



## Weaning Made Easy: All you need to know about spoon feeding and baby-led weaning – get the best of both

**worlds** by Rana Conway

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This guide will provide you with all the information you need to know about spoon feeding and BLW, so you can make an informed decision about which method is right for your baby.

## Spoon Feeding

Spoon feeding is the traditional method of feeding babies. It involves using a spoon to feed your baby pureed or mashed foods.

## **Pros of Spoon Feeding**

- Spoon feeding is a good way to ensure that your baby is getting the nutrients they need.
- It's a relatively easy and mess-free way to feed your baby.
- Spoon feeding can help your baby develop good eating habits.

## **Cons of Spoon Feeding**

- Spoon feeding can be time-consuming.
- It can be difficult to get your baby to eat all of the food you offer them.
- Spoon feeding can lead to your baby developing a preference for pureed foods.

## **Baby Led Weaning (BLW)**

BLW is a newer method of feeding babies. It involves allowing your baby to feed themselves solid foods from the start.

## **Pros of BLW**

- BLW can help your baby develop their fine motor skills.
- It allows your baby to explore different flavors and textures.
- BLW can help your baby develop a healthy relationship with food.

## **Cons of BLW**

- BLW can be messy.
- It can be difficult to know if your baby is getting enough to eat.
- BLW can increase the risk of your baby choking.

## **Which Method is Right for You?**

The decision of whether to spoon feed or BLW your baby is a personal one. There is no right or wrong answer, and the best method for you will depend on your baby's individual needs and preferences.

If you're not sure which method is right for you, talk to your doctor or a registered dietitian. They can help you assess your baby's needs and make a decision that's right for your family.

## **Tips for Spoon Feeding and BLW**

Here are a few tips for spoon feeding and BLW:

- Start spoon feeding your baby when they're around 4-6 months old.
- Start BLW when your baby is around 6 months old and has good head control.
- Offer your baby a variety of pureed or mashed foods.
- Let your baby feed themselves as much as possible.
- Be patient and don't get discouraged if your baby doesn't eat everything you offer them.
- Make sure your baby is getting enough to eat.
- Follow your doctor's or registered dietitian's advice.

Spoon feeding and BLW are both valid methods of feeding babies. The best method for you will depend on your baby's individual needs and preferences. Talk to your doctor or a registered dietitian if you're not sure which method is right for you.



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