



adapted
baby-led
weaning

Possible Food Offerings for the First Six Months for Babies with Feeding Challenges

Preparation for solids in the first six months of life:



Frequent Tummy Time



Encouragement of hand to mouth skills



Use of bridge devices



Provision of motor and feeding therapy if necessary



Secure appropriate seating with an adjustable footrest



Medical, feeding and developmental team collaboration

Possible Food Offerings for the First Three Months of Beginning Solids:

- Offering of firm food strips and food teethingers: celery strips, flat carrot strips, jicama, rib bones, bell pepper strips, cucumber, zucchini, etc.
- Offering of preloaded spoons with soft solid table food mashes handed to the baby
- Offering of preloaded spoons with soft solid table food mashes placed on the tray
- Offering of soft solid table food mashes on the tray to be eaten with hands and fingers
- Offering of firm food strips dipped in table food mashes
- Offering of frozen straws
- Offering of soft solid food pieces in a silicone feeder
- Offering of open cup drinking with nectar consistency liquids, e.g. applesauce thinned with breast milk or formula
- Introduction of one allergen a week

Possible Food Offerings for the Second Three Months of Beginning Solids:

- Continued offering of preloaded spoons, food teethingers and bridge devices if necessary
- Introduction of soft solid strips, meltable solid strips and resistive food strips
- Introduction of partially exposed foods like avocado to work on two hand engagement and chewing skills
- Introduction of soft solid pieces via the parent's fingers, on a preloaded fork and from the tray
- Introduction of straw drinking with a Honey Bear straw cup

Babies with feeding challenges due to medical complexities should be followed by feeding experts that may include a speech pathologist, occupational therapist and dietitian. Every baby is individual and should have a plan tailored to their needs and skill level. This handout is for educational purposes and not to be used in place of advice from a feeding team. This handout is not to be reproduced without permission from Jill Rabin, LLC.

