

The Baby-Led Approach to Feeding: What Does the Research Say?

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Presentation for the California WIC Association, California Breastfeeding Coalition & California Department of Public Health
July 16, 2020

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PRESENTER'S RESOURCES

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Katie's BLW Business: The Fortified Family, Inc.
www.fortifiedfam.com
Instagram [@babyledweanteam](https://www.instagram.com/babyledweanteam)

Katie's BLW Podcast: Baby-Led Weaning Made Easy
Subscribe at: <https://link.chtbl.com/kUalARXu>
Podcast website: <https://blwpodcast.com/>

Free online workshop, "BABY-LED WEANING FOR BEGINNERS: How to get your baby to try 100 foods before turning 1 without you having to spoon-feed purees or buy pouches".
Sign up for this week's workshop times here: <https://babyledweaning.co/workshop>

Free download, "WILL BABY-LED WEANING WORK FOR MY BABY?"
Download this free handout here: <http://babyledweaning.co/ready>

Free download, "10 EASY STARTER FOODS FOR BABY-LED WEANING"
Download this free handout here: <http://bit.ly/10fingerfoods>

Free download, "15 FOODS NEVER TO FEED YOUR BABY"
Download this free handout here: <http://bit.ly/15dontfeedbaby>

BOOKS MENTIONED IN PRESENTATION

- Baby-Led Weaning: The Essential Guide by Rapley & Murkett
- Why Starting Solids Matters by Amy Brown

ADDITIONAL PRESENTATION RESOURCES

Silicone suction mats and bowls and infant spoons, toddler utensils from ezipz
10% off code at ezpzfun.com: KATIE10

Full coverage BLW bibs and splash mats from BapronBaby
10% off code at bapronbaby.com: KATIE10

Online CPR course for parents & caregivers to take prior to starting solids
Thrive Training Institute: <http://bit.ly/onlinecprcourse>