

FACILITATING AND SIMPLIFYING BLW

Tips to help you navigate your way through this process.



ASPECT OF YOUR BABY'S LIFE	BLW ADVICE
POSITION DURING MEALS	Your baby has to sit up at 90 degrees. Place the food in front of him on the table or the tray of the high chair.
CHILD'S MOOD	Start mealtime when baby is calm and willing to explore.
HYGIENE	<ul style="list-style-type: none">• Dress your baby with a long-sleeved bib or put him in a diaper only.• Put a towel or floor cover around the high chair so you don't have to worry about small messes.
AUTONOMY	<ul style="list-style-type: none">• Your baby has to handle the food alone. Never put food in his mouth. A pre-filled spoonful of puree can be offered for baby to take to his mouth himself.
SAFETY	<ul style="list-style-type: none">• - Offer foods in the right size for your child's age:<ul style="list-style-type: none">* 6 or 7 months: foods in sticks, strips or nuggets as big as your baby's closed fist.* 7 or 8 months: pieces as big as a golf ball* 9 or 12 months: pieces as big as a dice that your baby can take between his thumb and index finger (pinch reflex that appears around 9 months).• Texture is important: food should be soft enough to be crushed between your fingers.• Don't panic if your baby has a gag reflex and spits out food. On the contrary, it's a good sign! He's learning how to handle the food in his mouth.• Encourage him to spit and reassure yourself that the BLW approach does not increase the risk of choking.• If it soothes you, CPR workshops are offered in daycare centres, community centres and private establishments that can provide you with tools for both your baby and your loved ones.
BREASTFEEDING/BOTTLE FEEDING	<ul style="list-style-type: none">• Continue breastfeeding as long as you want, or bottle-feeding at your baby's request until he's one year old. Do not introduce cow's milk before 9 months of age.
FOODS	<ul style="list-style-type: none">• Introduce allergens to your baby's diet for at least 3 days before switching to a new food.• As little salt and sugar as possible! Adapt family meals so that your baby enjoys the same foods, but in a safe and appropriate way. By about 1 year of age, your baby can eat like mom and dad!