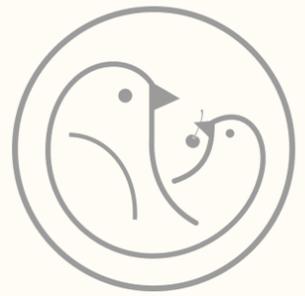


TOP 6 BLW SAFETY PRECAUTIONS



1

WAIT UNTIL 6 MONTHS

Most babies who are about 6 months of age are able to feed themselves. If you start too early, your baby will not be able to self feed so be sure to wait until he or she is ready.



2

ALL PREREQUISITES MET

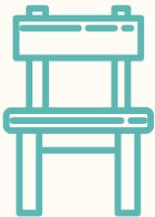
Make sure that your baby: sits up well in a high chair and has good head control, has lost his or her extrusion reflex, can pick up toys and food and bring them to his or her mouth and is interested in food before starting solids.



3

ALWAYS TEST THE FOOD

To ensure that the texture is appropriate for your baby, always test it out before by squishing it between your index finger and thumb. If it falls apart, it's safe to give to your baby.



4

NO CHOKING HAZARDS

Foods that are small, hard and round should be avoided until your child is 4 years old. Other foods to avoid: hard fruit and veggies, foods cut into rounds, raw leafy greens, raw apples popcorn, moist white bread and thickly spread nut butters.



5

INFANT FIRST AID

Be sure to take an infant refresher first aid course to know what to do in case of emergency. There are great & practical online options.



6

STAY INFORMED

Make sure you stay informed about how to safely start complementary foods with your baby by learning about it from a trusted healthcare professional.

