



BABY-LED WEANING

Best food to start



Banana
with the peel



Avocado
slices



Cooked
sweet potatoes



Steamed
Brocoli



Shorts **pastas**



Orange **slices**



Cooked **carrots**



Cheese sticks

Food size

6
months



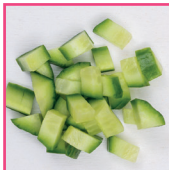
Pieces of the size
of a baby's fist

9
months



Large cube
(ping-pong ball size)

12
months



Small pieces

Signs that the baby is managing his piece well and using his vomiting reflex:

- Moves head back and forth. Moves throat and tongue. Looks like he wants to vomit or regurgitate.
- Cries with sounds or whine.
- Face turning red.
- Breathe (emits sounds) and takes air between the gag reflex. Cough.

Signs that the baby is choking

- Lips turn blue
- Inability to make sounds and coughs. Quivering nostrils
- loss of consciousness.

What should you do when a child is choking?

- Stay calm
- Do the necessary to unblock the airways
- See a doctor immediately, go to the hospital.

What should you do when a child has a vomiting reflex ?

1. Stay calm and try to keep a relaxed face.
2. Don't touch him, don't pull him out of his chair. By moving him, you risk pushing the piece further and that's when he can choke.
3. Gently encourage the child to spit out the food.
4. Don't give him anything to drink.
5. When the food has been swallowed or spat out, you can give something to drink if you feel it's necessary.



It is very important to differentiate between vomiting and choking reflex since the intervention with the child will be radically different. When a child has a vomiting reflex, it is because he is still able to spit out the food himself so he should be encouraged WITHOUT being touched. When the child is choking, he does not emit sound because the piece obstructs the airways. He will then need the intervention of the adult to get the piece out. You must trust your child and refrain from intervening as long as the baby is managing the situation (having vomiting reflexes, coughing, making sounds).