



Secrets to Baby Weaning.

-By Maha Siddiqui

Becoming a mother is an over-whelming experience. Getting adjusted to the new role of being a caretaker of a tiny little human being is a bumpy ride. The learning phase never ends. First three months goes into understanding the feeding pattern of the babies. Once I got heck of it, time came to start my first-born weaning. The excitement and nervousness at that time was unexplained. After 2.5 years, I am finally able to crack the code of successful weaning.

I always wanted to be the perfect mom for my child and therefore I researched a lot about baby food and weaning stages to ensure I am able to develop healthy eating patterns in my son. However, the more I read, the more difficult the start became. Nevertheless, with so much conflicting and confusing advices, we set off the journey. All my research and strategies failed when my son did not open his mouth for countless varieties of purees offered to him. The urge to feed my son for the healthy freshly made food took a toll on my mental health as well as my son's relationship with food as he picked up my anxiety. Hence, I unlearned all the best practices and just tried going with the flow to make this new phase bearable for my son. The following were my key takeaways from my journey that can help other First Time Mommies in their journeys.



Go with the Flow...

Happy mommies make happy babies. Therefore, to make an easy transition from no food to baby food to table food, the best approach is to include babies in family mealtime as babies best learn from imitation. Also it is okay for once in a while to skip healthy diet for a readymade option.

Pro Tips!

1. Babies don't necessarily need baby's food.

Rice cereal is often introduced as first food to the baby. This introduction phase should not last long as the taste is bland. Baby should be introduced to varying taste every day to ease switching from puree to textured food.

2. Online books and weaning books are a guide and not a prescription.

No book can tell what and how much portion of the food your baby needs to eat. As a parent, you must follow the cues and make this phase relaxing for you and baby.

3. Not ALL days are EATING days.

Baby loves to self-regulate themselves according to their body demands. Also, the everyday challenges of growth spurts, teething also affect food intake. Therefore, just keep offering without pressurizing until the appetite returns.

4. Encourage baby's self-feed.

It not only allows baby to control his appetite and reduces the chances of becoming a picky eater but also has other benefits like improved motor skills and dexterity.

5. Allow no distraction.

Mealtime should be free of distractions like watching YouTube rhymes because it will make babies forever dependent of that distraction for food intake.

Weaning And Human Development

Marcel A. Müller



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