



Baby-Led Weaning

A different way to introduce solids.

Interested in learning more about baby-led weaning and introducing solids to your child? This class will explore the idea that babies can “skip” purees and start by eating portions of family meals.

Intended for parents of babies one year and younger as well as expectant parents.

You will learn:

- Normal infant feeding and swallowing development
- American Association of Pediatrics’ recommendations for introduction of solids
- Signs of readiness for solid foods
- How to initiate baby-led weaning and the main tenants of baby-led weaning
- Concerns and issues to be aware of when implementing baby-led weaning

Wednesday
Jan. 10, 2018
12:30-1:30 p.m.

Presenter:

Kim Baglien, MHS, CCC-SLP
Speech-Language Pathologist

Location:

Community Health Education Center
939 Oak St SE, Building D

Cost:

Free

Register:

Salemhealth.org/CHec or
call 503-814-2432

