

A Quick Guide to Stress-Free Baby-Led Weaning and Offering Table Foods

Before Beginning, You Will Need Skills and Equipment to:

- Log in
- Print materials
- View or listen to recorded audio or webcasts
- Follow links to external web sites, as directed
- Call our office at 703-787- 9894 for any technical difficulties.

Materials/Resources in Your Account

- Audio recording: “A Quick Guide to Stress-Free Baby-Led Weaning and Offering Table Foods”
- Links to external resources
- Post Test Questions

Disclaimers

The author discloses that she has no significant financial interests in any product or class of products discussed directly or indirectly in this learning program (including research support). This learning program has no commercial or non-commercial support. A detailed disclosure statement is found here <https://www.breastfeedingoutlook.com/disclosures.html>.

Step-By Step Instructions

1. Track the time it takes to do the assignments and the post-test. All participants are required by the accreditation agency to attest to the time spent completing the activity.
2. Begin the assignments. If you bought this as part of a package, you may start with this or other topics. Each is a stand-alone program.
3. If there is a content outline, click to view and/or print.
4. Click on the learning materials (webcast, audio recording, or document link). They should open or start immediately. If there is a log provided, you may use it to track the topics, resources and time spent on each item.
5. Feel free to leave and come back later to finish at the computer.
6. Complete the post-test by clicking on the ‘Go to Questions’ button on the bottom left of your screen. If you need to be away from your computer, your answers are automatically saved, or you may press the “save and exit” button. You may re-take the post-test as many times as you wish.
7. Complete the evaluation survey, and report how much time you spent.
8. Print out your own certificate, if applicable.
9. You will have access to this learning program for 6 months following purchase.

Goal

- Provide information to parents about baby-led weaning.

Objectives

- Describe the characteristics that typify the process of baby-led weaning (BLW) and reasons for choosing/not choosing BLW.
- Recognize key "rules" for baby-led weaning.
- Offer anticipatory guidance for the who-what-when-where-why-how of introducing solids in the BLW.
- Generate suggestions for a successful first "feed" or introduction to solid foods.

Credits

This learning activity is approved for 2.5 L-CERPs and 2.5 contact hours.

Breastfeeding Outlook is approved by the California Board of Registered Nursing, provider # CEP15628.

Breastfeeding Outlook is accredited as a long-term provider by the International Board of Lactation Consultant Examiners.

Requirements for Obtaining Credits

- Complete all of the required assignments.
- Complete the online post-test with 100% accuracy.