

Research evidence for Baby-led Weaning (BLW)

- Arden, M.A. and Abbott, R.L. (2015) 'Experiences of baby-led weaning: Trust, control and renegotiation', *Maternal and Child Nutrition*, 11(4): 829–844.
- Brown, A. (2017) 'No difference in self-reported frequency of choking between infants introduced to solid foods using a baby-led weaning or traditional spoon-feeding approach', *Journal of Human Nutrition and Dietetics*, DOI: 10.1111/jhn.12528.
- Brown, A. and Lee, M. (2011) 'A descriptive study investigating the use and nature of baby-led weaning in a UK sample of mothers', *Maternal & Child Nutrition*, 7(1): 34-47.
- Brown, A. and Lee, M. (2011) 'Maternal control of child feeding during the weaning period: Differences between mothers following a baby-led or standard weaning approach', *Maternal and Child Health Journal*, 15(8): 1265-1271.
- Brown, A. and Lee, M. (2011) 'Maternal child-feeding style during the weaning period: Association with infant weight and maternal eating style', *Eating Behaviors*, 12: 108-111.
- Brown, A. and Lee, M. (2013) 'An exploration of experiences of mothers following a baby-led weaning style: Developmental readiness for complementary foods', *Maternal & Child Nutrition*, 9(2): 233-243.
- Brown, A. and Lee, M. (2015) 'Early influences on child satiety responsiveness: The role of weaning style', *Pediatric Obesity*, 10(1): 57-66.
- Brown, A., Wyn Jones, S. and Rowan, H. (2017) 'Baby-led weaning: The evidence to date', *Current Nutrition Reports*, 6(2): 148-156.
- Cameron, S.L., Heath, A-L.M. and Taylor, R.W. (2012) 'How feasible is baby-led weaning as an approach to infant feeding? A Review of the Evidence', *Nutrients*, 4: 1575-1609.
- Cameron, S.L., Heath, A-L.M. and Taylor, R.W. (2012) 'Healthcare professionals' and mothers' knowledge of, attitudes to and experiences with, Baby-Led Weaning: A content analysis study', *BMJ Open*, 2(6): e001542.
- Cameron, S.L., Heath, A-L.M. and Taylor, R.W. (2013) 'Parent-led or baby-led? Associations between complementary feeding practices and health-related behaviours in a survey of New Zealand families', *BMJ Open*, 3(12): e003946.
- Cameron, S.L., Taylor, R.W. and Heath, A-L.M. (2015) 'Development and pilot testing of Baby-Led Introduction to Solids – a version of Baby-Led Weaning modified to address concerns about iron deficiency, growth faltering and choking', *BMC Pediatrics*, 15(1):99.
- Cooke, L. (2014) 'Baby-led weaning: A brief review of the evidence base', *International Journal of Birth and Parent Education*, 11(4): 25-29.
- Coulthard, H. and Sealy, A-M. (2017) 'Play with your food! Sensory play is associated with tasting of fruits and vegetables in preschool children', *Appetite*, 113: 84-90.

D'Auria, E., Bergamini, M., Staiano, A., Banderali, G., Penderzza, E., Penagini, F., Zuccotti, G.V., Peroni, D. G. and on behalf of the Italian Society of Pediatrics. (2018) 'Baby-led weaning: what a systematic review of the literature adds on', *Italian Journal of Pediatrics*, 44:49. DOI: 10.1186/s13052-018-0487-8.

Daniels, L., Taylor, R.W., Williams, S.M., Gibson, R.S., Samman, S., Wheeler, B.J., Taylor, B.J., Fleming, E.A., Hartley, N.K. and Heath, A-L.M. (2018) 'Modified version of Baby-Led Weaning does not result in lower zinc intake or status in infants: A randomized controlled trial', *Journal of the Academy of Nutrition and Dietetics*, 118(6): 1006-1016.e1.

Daniels, L., Williams, S.M., Gibson, R.S., Taylor, R.W., Samman, S. and Heath, A-L.M. (2018) 'Modifiable "predictors" of zinc status in toddlers', *Nutrients*, 10:306. DOI:10.3390/nu10030306.

Daniels, L., Taylor, R.W., Williams, S.M., Gibson, R.S., Fleming, E.A., Wheeler, B.J., Taylor, B.J., Haszard, J.J. and Heath, A-L.M. (2018) 'Impact of a modified version of baby-led weaning on iron intake and status: a randomised controlled trial', *BMJ Open*, 8: e019036. DOI:10.1136/bmjopen-2017-019036.

D'Andrea, E., Jenkins, K., Mathews, M. and Roebathan, B. (2016) 'Baby-led Weaning: A Preliminary Investigation', *Revue Canadienne de la Pratique et de la Recherche en Diététique*, 77: 72-77.

Dogan, E., Yilmaz, G., Caylan, N., Turgut, M., Gokcay, G. and Oguz, M.M (2018) 'Baby-led complementary feeding: Randomized controlled study' *Pediatrics International*, 60(12): 1073-1080.

Erickson, L.W., Taylor, R.W., Haszard, J.J., Fleming, E.A., Daniels, L., Morison, B.J., Leong, C., Fangupo, L.J., Wheeler, B.J., Taylor, B.J. Te Morenga, L. McLean, R.M. and Heath, A-L.M. (2018) 'Impact of a modified version of baby-led weaning on infant food and nutrient intakes: The BLISS randomized controlled trial', *Nutrients*, 10:740. DOI:10.3390/nu10060740.

Fangupo, L.J., Heath, A-L.M., Williams, S.M., Erickson Williams, L.W., Morison, B.J., Fleming, E.A., Taylor, B.J., Wheeler, B.J. and Taylor, R.W. (2016) 'A baby-led approach to eating solids and risk of choking', *Pediatrics*, 138(4): e20160772.

Fu, X., Conlon, C.A., Haszard, J.J., Beck, K.L., von Hurst, P.R., Taylor, R.W. and Heath, A-L.M. (2018) 'Food fussiness and early feeding characteristics of infants following Baby-Led Weaning and traditional spoon-feeding in New Zealand: An internet survey', *Appetite* 130: 110–116.

Lakshman, R., Clifton, E.A. and Ong, K.K. (2017) 'Baby-led weaning – safe and effective but not preventive of obesity', *JAMA Pediatrics*, 171(9): 832-833.

Morison, B.J., Heath, A.M., Haszard, J.J., Hein, K., Fleming, E.A., Daniels, L., Erickson, E.W., Fangupo, L.J., Wheeler, B.J., Taylor, B.J. and Taylor, R.W. (2018) 'Impact of a modified version of baby-led weaning on dietary variety and food preferences in infants', *Nutrients*, 10:1092. DOI: 10.3390/nu10081092.

Morison, B.J., Taylor, R.W., Haszard, J.J., Schramm, C.J., Williams Erickson, L., Fangupo, L.J., Fleming, E.A., Luciano, A., Heath, A.M (2016) 'How different are baby-led weaning and conventional complementary feeding? A cross-sectional study of infants aged 6–8 months', *BMJ Open*, 6(5): e010665.

- Poniedziałek, B., Paszkowiak, N., Rzymiski, P. (2018) 'Baby-Led-Weaning (BLW) from maternal perspective: Polish experience', *Journal of Medical Science*, 87(1): 7-13.
- Rapley, G. (2011) 'Baby-led weaning: transitioning to solid foods at the baby's own pace', *Community Practitioner*, 84(6): 20-23.
- Rapley, G. (2011) 'Talking about weaning', *Community Practitioner*, 84(8): 40-41.
- Rapley, G. (2013) 'Baby-led weaning: A developmental approach to the introduction of complementary foods', in Moran, V.M. (ed.) *Maternal and Infant Nutrition and Nurture: Controversies and Challenges*, (2nd edn.). London: Quay Books, pp.261-283.
- Rapley, G. (2015) 'Baby-led weaning: The theory and evidence behind the approach', *Journal of Health Visiting*, 3(3): 144-151.
- Rapley, G. (2016) 'Are puréed foods justified for infants of 6 months? What does the evidence tell us?', *Journal of Health Visiting*, 4(6): 289-295.
- Rapley, G. (2016) 'Is spoon feeding justified for infants of 6 months? What does the evidence tell us?', *Journal of Health Visiting*, 4(8): 414-419.
- Rapley, G. (2016) 'Starting solid foods: does the feeding method matter?', *Early Child Development and Care*, 188(8): 1109-1123.
- Rapley, G. (2018) 'Baby-led weaning: where are we now?', *Nutrition Bulletin*, 43: 262–268.
- Rapley, G., Forste, R., Cameron, S., Brown, A. and Wright, C. (2015) 'Baby-Led Weaning: A New Frontier?', *Infant, Child, & Adolescent Nutrition*, 7(2): 77-85.
- Rowan, H., Lee, M. and Brown, A. (2019) 'Differences in dietary composition between infants introduced to complementary foods using Baby-led weaning and traditional spoon feeding', *Journal of Human Nutrition and Dietetics*, 32: 11-20.
- Taylor, R., Cameron, S., Williams, S., Taylor, B., Wheeler, B. and Heath, A-L. (2012) 'Baby-led weaning: A new approach for obesity prevention?', *Obesity Research & Clinical Practice*, 6(s1): 7.
- Taylor, R.W., Williams, S.M., Fangupo, L.J., Wheeler, B.J., Taylor, B.J., Daniels, L., Fleming, E.A., McArthur, J., Morison, B., Erickson, L.W., Davies, R.S., Bacchus, S., Cameron, S.L. and Heath, A-L. M. (2017) 'Effect of a baby-led approach to complementary feeding on infant growth and overweight: A randomised clinical trial', *JAMA Pediatrics*, 171(9): 838-846.
- Townsend, E. and Pitchford, N.J. (2012) 'Baby knows best? The impact of weaning style on food preferences and body mass index in early childhood in a case-controlled sample', *BMJ Open*, 2: e000298.
- Wright, C.M., Cameron, K., Tsiaka, M. and Parkinson, K.N. (2011) 'Is baby-led weaning feasible? When do babies first reach out for and eat finger foods?', *Maternal & Child Nutrition*, 7(1): 27-33.