

BABY LED FEEDING SCHEDULE

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STEP 1

Stick with your breastfeeding/formula routine and offer solids once per day. I like to start around lunch time!

Is your baby loving solids? You are ready for step 2.

STEP 2



Continue your breastfeeding/formula routine and offer solids twice per day. Start to introduce new foods according to their age.

Is your baby still loving solids? You are ready for step 3.

STEP 3



By now your baby is loving solids! Start working solids into 3 meals per day. Start introducing different foods according to age!

Happy Feeding!