



# Building Blocks of Breastfeeding Friendly Child Care

## Session #6:

### Feeding Infants: Paced bottle feeding & child-led weaning

Jennie Ogden, Director, The Little School of Hillsborough  
Shawna Daniels, BreastfeedOrangeNC



# AGENDA

- |                                |            |
|--------------------------------|------------|
| I. Welcome                     | 5 minutes  |
| II. Our Why (video)            | 5 minutes  |
| III. Infant Feeding            | 25 minutes |
| A. Paced Bottle feeding        |            |
| B. Child-led weaning           |            |
| IV. Next steps breakout groups | 20 minutes |
| V. Wrap-up/announcements       | 5 minutes  |

# Our WHY - Achieving Health Equity in Every Community



# CGBI 10 steps (Infant Feeding focus)

---

- **2.1** age-appropriate infant feeding practices, including proper storage and handling of human milk.
- **2.2** Recognizing infant hunger cues and feeding in response to these cues.
- **2.3** The risks and benefits of different infant feeding options.
- **2.4** Breastfeeding protection, promotion, and support, including support of exclusive breastfeeding.
- **5.1** Provide sufficient refrigerator and freezer space
- **5.3** We discuss with all families how expressed milk will be handled at our child care center.
- **8.1** We develop a written feeding plan with each new family at our center, which is accessible and regularly updated.
- **8.2** Breastfeeding support is explicitly included in all feeding plans, as part of the standard form.
- **8.3** We respond to infants' hunger cues rather than feeding on a schedule, and we encourage mothers to feed this way at home.
- **8.4** We encourage mothers to introduce solid foods at a developmentally appropriate time.

# Jennie Ogden, The Little School of Hillsborough



## Insert Jennie's picture and bio (use format below)

Jennie has worked for The Little School for nearly 11 years serving many roles including teacher, mentor, and, now, School Director.

Jennie is a graduate of Barton College with a Bachelor of Science degree in Elementary Education. She started her career teaching Kindergarten in public schools, and realized her work there did not match her pedagogic dream. After joining TLS in 2010 she discovered the joy she had been searching for in education. Jennie has taught nearly every age, birth through pre-k, in her time at TLS. Before moving to her current position, Jennie served as a mentor at TLS Duke and Hillsborough Campuses.

When is Jennie is not at TLS she enjoys time with her husband and two elementary age children--baking, traveling, and hiking.

---

## About The Little Schools of Hillsborough & Duke





---

## Paced Bottle Feeding: Listening to Infants



---

## Child-Led Weaning: How it started





---

## What is Child Led Weaning



# How to Begin:

- Start the conversation with parents when they tour or enroll
- Return to the conversation when the infant nears 4-6 months or when the child begins sitting
- Encourage parents to try foods at home first.
- Once child is eating at school communicate the progress with the parents.

## Getting Started

Baby-led weaning is letting your infant self-feed. You cut food up into manageable sticks and offer it, they eat. It's really pretty simple. The key difference between BLW and traditional weaning, when you think about it, is in the order that children learn to eat. With a puree, they learn to swallow first, and then chew, which works fine until they meet a lump. With BLW, the babies learn to chew first and swallowing might come some time later. It's 'baby-led' in the sense that you let them do what they need to do while they're learning, and as the parent you resist the urge to get wound up in knots about how much they're eating, whether they like the food you thought they'd like and whether it's smashed into the nearest curtain. The main thing is, it's all good clean (messy) fun. If you fancy giving it a try, here are some tips from the parents who contribute to our lively [Baby Led Weaning Forum](#)



1. Define weaning: the act of introducing food in its whole form slowly for the child to experience.
2. Forget 'baby food'. Food's food, as long as you're not adding salt. To start off with, think chip-sticks because it's an easy shape for little 6-month-olds to grip, but you'll soon move on to smaller pieces as it's more interesting for a child developing a pincer grip.
3. As a first food most people steam vegetables and soft fruit (to about the degree that they can be mashed between your thumb and finger), cut up cucumbers, make toast fingers or crinkle cut bits of a pile of spaghetti Bolognese or mashed potato to dig into if that's what the rest of the family is having. No bowls, they're just asking to be flung heavenwards. Put the food on the highchair-tray or table and remember, it's all a learning experience. Put the baby at this point.
4. There will be mess, oh yes there will, so if you are weaning in summer don't be afraid to eat outside or semi-naked, and for winter Ikea and Tommee Tippee make great sit cover-all and peelian bibs.
5. Experience suggests that the more effort you put into making something special for the baby, the less likely they are to eat it. Give them what you're having. If they hate it, it's ok, they're getting their calories from milk anyway.
6. Try to keep your 'social activity' head on, even if it's just you and your baby sharing a sandwich at lunch. Keep smiling, keep enjoying, keep paying attention. It's just good manners at the end of the day, something it's never too early for a child to learn.
7. And don't put too much on three meals a day, it may take a while to work up to that. Whatever's coming out of your mouth, let them put it in by themselves so that they can control it as best as they can.
8. Actual hunger can be frustrating for the babies. Timing 'meals' to between milk feeds seems to be best. Never put food into a child's mouth, let them put it in themselves so that they can control it as it moves backwards. If the baby gags, remember that it's their way of moving food around in the mouth and don't panic. Some parents have found that making exaggerated chewing faces and noises reminds the child to get back on track.











# QUESTIONS?

[thelittleschool.net](http://thelittleschool.net)

Email: [Jennie.ogden@thelittleschool.net](mailto:Jennie.ogden@thelittleschool.net)



The Little School  
*With Joy*



# BREAKOUT GROUPS

**Take a few minutes in your breakout group to discuss:**

1. Name one thing you learned from this session?
2. What are you already doing toward meeting this standard?
3. Let's talk about challenges...

# Thanks to all of our partners!

- ENRICH Carolinas - Carolina Global Breastfeeding Institute (CGBI)
- Buncombe County Partnership for Children
- Orange County Partnership for Young Children
- NC Partnership for Children
- Breastfeed Durham
- Breastfeed Orange NC

