

Easy Tips for Inclusion of Purees in Baby-Led Feeding

Baby-led feeding is a responsive, child-centered approach to introducing solids that emphasizes baby participation from the start.¹ Offer purees in a way that supports autonomy, sensory exploration, and self-feeding.



✓ **Spread Puree on Teether**

✓ **Make Baby Ice Pops**



✓ **Preload Spoons**



✓ **Dip Food into Purees**



Start Solids with Gerber Infant Purees

Fruit and veggie purees support the development needs of baby



Feed fruit and veggie purees to make every bite count, providing baby with a variety of essential nutrients, textures and flavors.

Offer a wide variety of fruits and veggie purees up to 10 times to increase baby's food acceptance.



We are proud to share Gerber has the most **Clean Label Project**[®] certifications of any baby food brand.

