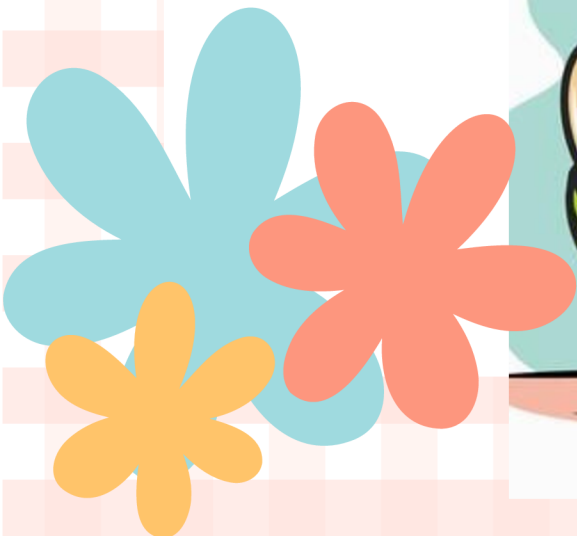
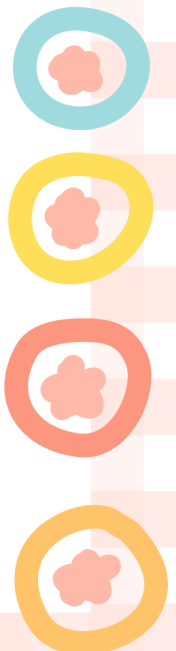




Shajar Learning foundation

Baby-Led Weaning: An Islamic Parenting Perspective



Copyright ©

Title: Baby Led Weaning an Islamic Parenting
Prospective

Author: Shaheen Yousuf

Illustrated by Zainab Ahmed

Published by: Shajar Learning Foundation

Copyright © 2024 Shaheen Yousuf. All rights reserved.

This eBook is protected under copyright law. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in reviews and certain other non-commercial uses permitted by copyright law.

For permission requests or inquiries, please contact:
+918335063475

Email: shajarlearning@gmail.com

Website: www.shajarlearning.com

Disclaimer:

The information contained in this eBook is for educational and informational purposes only and is not intended as medical advice. Readers are advised to consult a healthcare professional or pediatrician before introducing new foods or making significant dietary changes for their child.



Shajar Learning Foundation

INTRODUCTION

Parenting is a beautiful responsibility entrusted by Allah. One significant milestone in this journey is introducing solid foods to your baby. This e-book will guide you through the concept of Baby-Led Weaning (BLW) and its harmony with Islamic teachings. It aims to help you nurture independence in your child while incorporating values of gratitude and moderation.



Shajar Learning Foundation

CONTENTS

1. What is Baby-Led Weaning(BLW)?

2. Islamic Perspective on Weaning

3. Preparing for Baby-Led Weaning

4. Sunnah Foods for BLW

5. Meal Ideas and Recipes

6. Parenting Tips for BLW

7. Addressing Concerns

8. Incorporating Du'as and Gratitude

9. Weaning Gradually

10. Building the Parent-Child Bond

Chapter I: What is Baby-Led Weaning (BLW)?

Definition: A feeding method that allows babies to self-feed solid foods rather than being spoon-fed purees.

Benefits:

- Promotes independence and motor skills.
- Encourages healthy eating habits.
- Reduces picky eating tendencies



Chapter 2: Islamic Perspective on Weaning

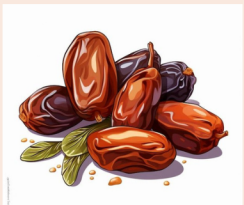
Qur'anic Guidance:

Allah mentions the weaning period in Surah Luqman (31:14):

"We have enjoined upon man [care] for his parents. His mother carried him, [increasing her] in weakness upon weakness, and his weaning is in two years. Be grateful to Me and to your parents; to Me is the [final] destination."



The emphasis on weaning after two years aligns with the natural timeline, allowing parents to wean gradually and with kindness.



Prophetic Practices:

The Prophet Muhammad (ﷺ) taught balance and moderation in all aspects of life, including parenting and food.

Introducing Sunnah foods, like dates (Ajwa) and honey (in moderation after one year), can make BLW spiritually enriching.

Chapter 3: Preparing for Baby-Led Weaning

Baby can sit up without support.

Readiness Checklist

Baby shows interest in family meals.

Loss of tongue-thrust reflex.

Tools You'll Need:

● High chair for feeding.

● Soft, easy-to-grip foods.

● Halal food options.



Chapter 4: Sunnah Foods for BLW

Introduction to Halal Foods:



Dates (mashed or in small chunks).



Barley porridge (Talbina).



Fruits like bananas and pomegranate seeds.



Vegetables like steamed carrots and cucumbers.

Du'as to Recite:

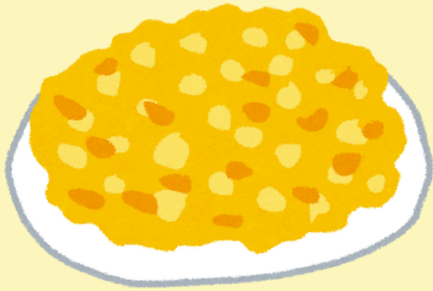
Begin meals with Bismillah. بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Teach gratitude with Alhamdulillah after eating.

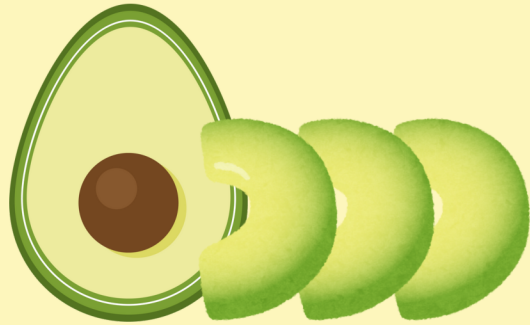


Chapter 5: Meal Ideas and Recipes

Breakfast:

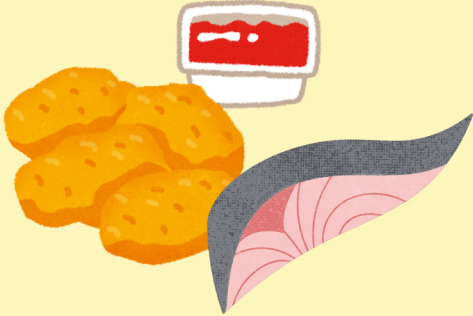


Soft Scrambled eggs



Sliced Avocados

Lunch/Dinner:



Small chunks of chicken
or fish.



Steamed vegetables like
broccoli and zucchini.

Snacks:



Halal cheese cubes.



Fruit slices (pears, apples).

Chapter 6: Parenting Tips for BLW

Patience is Key:

Incorporate the value of Sabr when your baby makes a mess. Feeding is a learning process.

Lead by Example:

Eat Sunnah foods and demonstrate gratitude for Allah's blessings.

Avoid Waste:

The Prophet (ﷺ) discouraged wastage of food. Save leftovers for later meals or share with family.



Chapter 7: Addressing Concerns

Choking vs. Gagging:

Gagging is normal during BLW as babies learn to handle solid foods.

Nutritional Balance:

Offer a variety of foods, including Sunnah options, to ensure proper nutrition.

Chapter 8: Incorporating Du'as and Gratitude

Teach your baby the du'a for eating:
"Allahumma barik lana fima
razaqtana waqina athaban-nar."
("O Allah, bless for us that which You
have provided us and save us from the
punishment of the Fire.")

Involve your baby in saying
Alhamdulillah after meals to
instill gratitude early.

الحمد لله

Chapter 9: Weaning Gradually

Transition to regular family meals over time.

Include children in meal preparation to build a connection with food and family.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Chapter 10: Building the Parent-Child Bond



Use mealtimes to connect with your baby.

Reflect on Allah's blessings in providing sustenance.

Conclusion

Baby-Led Weaning is not just about feeding—it's about empowering your child, nurturing independence, and aligning with Islamic principles of gratitude, moderation, and family bonding. With patience and reliance on Allah, this journey becomes a rewarding experience for both parents and children.



Shajar Learning Foundation



Shajar Learning Foundation

Website: www.shajarlearning.com

Email: shajarlearning@gmail.com

Contact: +91 8335063475