

Tips To Prepare Chicken For Baby-Led Weaning



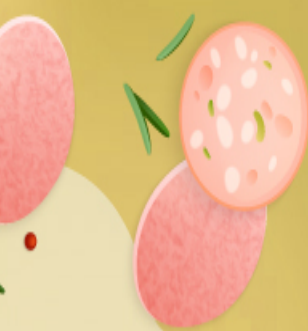
6 months

- Steam, grill, or bake boneless chicken breast and cut it into two-inch-thick strips/slices.
- Serve these slices to the baby to hold and chew.



9 months

- Serve thin chicken shreds or strips for babies to pick and eat.
- Alternatively, you can add these chicken shreds to dishes, such as pasta.



12 months

- Serve bite-sized chicken pieces with healthy dips, such as hummus.
- Ensure the pieces are not too small as they may pose a choking risk.

