

Advancing Textures Part 2

STAFF WORKSHEET

Instructions

- View the Meaningful Minutes – [Advancing Textures Part 2 video](#)
- This activity will help you become familiar with the resources highlighted in the video so you can confidently use them to support your work with participants.

Resource 1: [Healthychildren.org](#) article: **Baby-Led Weaning: Is It Safe?**

Review the article

[Baby-Led Weaning: Is It Safe?](#) - HealthyChildren.org. (2024, December 3).

Explore

- How could information from this article help when a parent asks for information on baby led weaning?
- What information would you be sure to spend time highlighting with the participant?

Resource 2: [WIC Infant Food Recipes](#) page.

[WIC Infant Food Recipes](#) - Minnesota Department of Health. (2022).

Explore

- What tips for using jarred infant foods do you feel participants would appreciate the most?
- Which recipe could you recommend to a participant? In what scenario would you share it?

Resource 3: [Raising Adventurous Eaters \(9-12 Months\)](#)

Review the guide

[Raising Adventurous Eaters 9-12 Months Guide \(PDF\)](#)

Explore

- What information from this guide would be most helpful for supporting self-feeding or texture progression?
- How could this resource support education about texture progression or safety?

Resource 4: Feeding Your Baby: 6-12 Months

Review the guide

[Feeding Your Baby: 6 To 12 Months](#) - Michigan DHHS.

Explore

- What visuals in the guide could be helpful in education regarding food variety?
- What information on the Keeping Baby Safe pages 16-17 would you find helpful to use in appointments?

Resource 5: MN WIC Topic of the Month: Baby-Led Weaning

Review the Topic of the Month

[Baby-Led Weaning: Topic of the Month \(PDF\)](#) Minnesota Department of Health (2025).

Explore

- What signs of readiness are listed for infants beginning baby-led weaning?
- What safety message from this resource would you be most likely to discuss with a participant?

Final reflection

- Which resource are you most likely to use during participant appointments and why?
- What is one new counseling tip or strategy you plan to use after completing this activity?
- Which resource would you be most likely to share with a participant interested in baby-led weaning?

References – complete listing of hyperlinks

[Advancing Textures Part 2 video \(https://vimeo.com/1213604873/ccfa79fa31?share=copy&fl=sv&fe=ci\)](https://vimeo.com/1213604873/ccfa79fa31?share=copy&fl=sv&fe=ci)

[Baby-Led Weaning: Is It Safe? \(https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/baby-led-weaning-is-it-safe.aspx\)](https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/baby-led-weaning-is-it-safe.aspx)

[WIC Infant Food Recipes \(https://www.health.state.mn.us/people/wic/recipes/infantfoods.html\)](https://www.health.state.mn.us/people/wic/recipes/infantfoods.html)

[Raising Adventurous Eaters 9-12 Months Guide \(PDF\) \(https://dttpvmri50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-9-12-months/pha-rae-9-12-2025-2145.pdf\)](https://dttpvmri50pw3.cloudfront.net/doctor-yum/downloadables/raising-adventurous-eaters-9-12-months/pha-rae-9-12-2025-2145.pdf)

[Feeding Your Baby: 6 To 12 Months \(https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/DCH-1481-6-to-12-Months.pdf?rev=5655a01aff9f42ec9a6a82056e5f858a&hash=1024C3DDF595202D695AE521B70B66B3\)](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/DCH-1481-6-to-12-Months.pdf?rev=5655a01aff9f42ec9a6a82056e5f858a&hash=1024C3DDF595202D695AE521B70B66B3)

[Baby-Led Weaning: Topic of the Month \(PDF\)
\(https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/BLW.pdf\)](https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/BLW.pdf)

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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