

Happy
Halloween!



Halloween Hey Diddle

Hey diddle dumplin'
The ghost and the pumpkin,
The werewolf howled at the moon!
The skeleton climbed up out of his grave,
And the witch flew by on her broom.

Easy Pumpkin Muffins

- 1 package yellow cake mix
- 1 can pumpkin puree
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 12 cup muffin pan or line with paper liners.
2. In a large bowl, mix together the cake mix, pumpkin puree, cinnamon, nutmeg and cloves until smooth.
3. Spoon equal amounts of batter into the prepared muffin cups.
4. Bake for 20 to 25 minutes in the preheated oven, until a toothpick inserted in the center of one comes out clean.



What is Baby- Led Weaning?

Baby-led weaning, created by nurse and nutritionist Gill Rapley in 2008, is one method for introducing solid foods to infants. Instead of the traditional method of spooning pureed food into the baby's mouth, the baby is presented with a plate of varied, soft finger foods from which to choose. They often begin by picking up and licking or sucking on the piece food, before progressing to eating. The baby will soon start to swallow and digest what is offered. Formula or breastfeeding is continued in conjunction with "weaning" and milk is **always** offered before solids in the first 12 months. Here are a few tips when trying baby-led weaning:

- Wait until baby can sit upright and has a stronger neck- typically between 6-9 months.
- Start with soft foods prepped for easy grasping, like ripe fruits cut into strips, softer cooked veggies, or puffed cereals.
- Provide these solids during family meals. Supervise and socialize with your baby as they experiment with food.
- Introduce new foods one at a time at first, so as to pinpoint any possible allergens.
- Avoid choke hazards, such as grapes, hot dogs, raisins, popcorn, raw vegetables, and sticky nut butters.

According to author of **Feeding Baby**, Clancy Cash Harrison, "baby-led weaning supports the development of eye-hand coordination, chewing skills, dexterity, and healthy eating habits. It also offers babies an opportunity to explore the taste, texture, aroma, and color of a variety of foods." With that said, baby led weaning might not be right for all families! For more information, check out **Baby Led Weaning** by Gill Rapley from the library.