Today’s piece was prepared by Erikka Allhusen based on a NY Times article [What Happens When You Let Babies Feed Themselves?](https://www.nytimes.com/2018/02/26/upshot/self-feeding-babies-and-the-obesity-epidemic.html)

The article asks us to consider the efficacy of baby-led weaning, and whether this strategy of allowing babies to feed themselves as a proxy for self-regulating food intake demonstrates the longer-term desired outcome of preventing childhood obesity better than spoon-feeding infants. Ultimately the cited randomized controlled trial found no difference in BMI when it compared two groups of infants at 12 and 24 months.

The article comments more on the issue of not having found a successful way to address preventing childhood obesity, and less on the technique of baby-led weaning. It delivers the information in a relatively impartial way, reframing the study results as “food for thought” for parents hoping their child’s own satiation signals will make up for the ample selection of high-calorie packaged food options marketed toward the public. The author, who teaches pediatrics at Indiana University School of Medicine, remarks, “It’s not clear whether humans are programmed to maintain a healthy weight on their own”, which implies an unhealthy appetite is the major issue instead of likely poor nutritional choices. For families who may not have the information or income to choose raw foods that could inform a lifetime of appropriate eating habits, the author’s failure to discuss the impact of teaching children about nutrition and offering a variety of non-processed food options to prevent obesity misses an opportunity to educate the public.

Published in a popular newspaper and written by a healthcare professional, this article discussing a current trend in the transition from liquid to solid nutrition misleads readers. He mentions that “commercial foods” make it easy to “overfeed” infants, but fails to discuss that they could easily overfeed themselves with the same food. While simultaneously stating “[w]e still need to intervene”, he offers no tools or solutions.

**RESOURCES ON NUTRITION:**

[Nutrition Data](http://nutritiondata.self.com)- Utilizes USDA data to provide visual graphics and tools to determine food values

[Food Psychology](https://foodpsychology.cornell.edu)- Cornell University’s site for food behaviors and eating habits

And that’s today’s Developmental & Behavioral Pediatrics: IN THE NEWS!