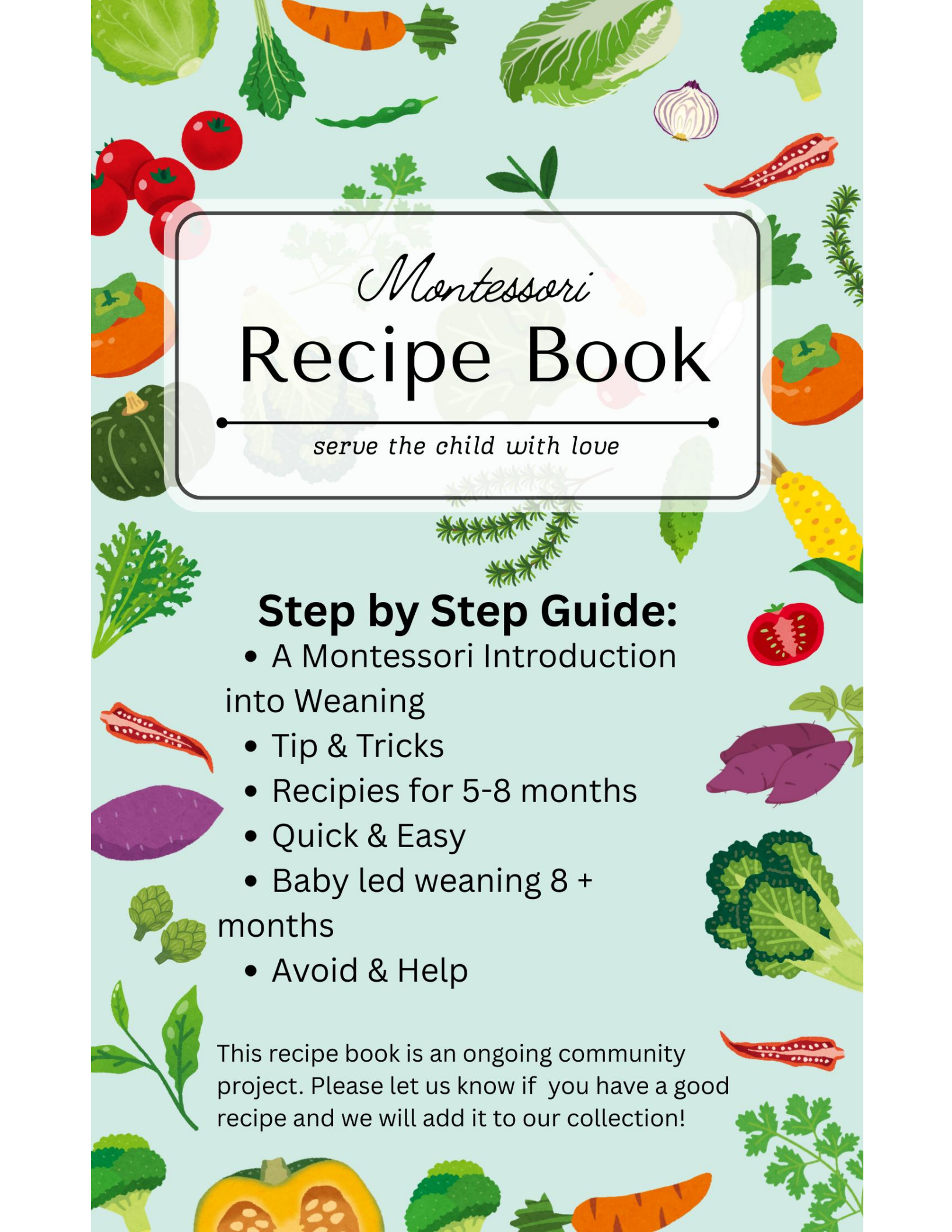




Montessori Recipe Book

serve the child with love

Step by Step Guide:

- A Montessori Introduction into Weaning
- Tip & Tricks
- Recipes for 5-8 months
- Quick & Easy
- Baby led weaning 8 + months
- Avoid & Help

This recipe book is an ongoing community project. Please let us know if you have a good recipe and we will add it to our collection!

Weaning the Montessori Way



Introduce the Spoon at 3 Months

This is not for nutritious purposes, this is just to get your baby used to using the spoon and to introduce flavours other than milk. Try squeezing a bit of mandarin orange juice onto a tiny spoon and watch your baby's face! Be sure there are no seeds. Do this everyday. You can swap with a different fruit each week and watch for allergies

Start with Fruits and Vegetables

At 5 months you can mash fruits like mango or puree vegetables like pumpkin to slowly teach your baby that it is safe to swallow food that comes from the environment. Offer it to your baby about 1 hour before usual feeding time. Aim for 2 meals a day by the end of the month. Avoid buying store bought baby food in Thailand, the regulations here is not the same as the US or Europe

Introduce the Drinking Glass

At 5 months introduce the drinking glass! With each meal offer your baby a little water. You can buy this tiny glass at IKEA. Don't worry if your baby spills most of this water. Between the meals you can offer water in a bottle

Introduce Carbohydrates

At 6 months when your baby gets used to sitting in a chair and using a spoon, introduce easily digested carbohydrates. Rice porridge, oatmeal and mashed potato

Introduce Proteins

At 6 months + you can start with fish, tofu or beans. Now your baby has 3 dishes in each meal! In Thailand we recommend ordering fish & meat from Paleo Robbie.

A Balanced Diet

In Montessori we teach the balanced diet to babies! By 6 months + your baby will have in each meal: fruit, proteins & carbohydrates. You can also add a little olive oil or cream for fats! Start each meal with mashed fruit to aid in digestion followed by the proteins then finally the carbs. Don't worry if your baby doesn't finish the meal. Aim for 3 meals a day by about 9 months. The idea is that your baby is fully weaned by about 12 months

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Montessori Tips & Tricks



Hand Feeding

If your baby is unsure about a new food type. You can pinch it with your fingers, eat it yourself then pinch a little more and hand feed it to your baby. Your baby will feel more confident

Watch for Allergies

Introduce a new produce each week and watch for allergies. The more variety the better! It is recommended to introduce common allergens like eggs & seafood to prevent allergy in the future.



1 Hour Before Milk

Aim to have each meal about 1 hour before nursing/bottle feeding. Aim to have each meal at the same time everyday. Babies love routine!



How to Keep Baby Food

Vegetable puree, rice porridge, boiled fish & beans can be kept in the freezer. Try to use it within a week or two. A silicone ice tray is recommended, available on Shopee, Lazada & Central baby center. You can reheat it using the steamer or microwave.



Eat Family Meals on the Floor

If possible, switch to eating on the floor. Traditional Thai style low tables for family meals are recommended with a tiny chair for your baby. Babies may get upset in high chairs and throw items. Available on Shopee & Lazada!



Baby Chair

If the baby chair is too big, use towels or even a small bath mats to adjust the chair to size. IKEA bath mats are great! Avoid baby chairs that are "too safe" meaning the baby is secured in place with seatbelts and a tray. This makes babies feel trapped.



Clear Plastic Sheet

It will get messy! Never mind! You can get a plastic sheet (originally used for tables.) This you can lay under the baby's chair for easy cleaning! Available on Shopee & Lazada!



A Beautiful Experience

If possible, use tableware that is not plastic. Babies tend to throw plastic items. Bon Appetite! Enjoy the meal together!



HOW TO MAKE

MASHED FRUIT



1^o STEP

This time I am using dragon fruit - you can use any soft fruit you like - banana, avocado, mango etc..



2^o STEP

I use this mini masher - available at Daiso Phuket



3^o STEP

Cut into small pieces and mash in a bowl. You can do it in front of your baby. They love to watch!



4^o STEP

You can keep the rest in the fridge for a few days



Water

Practise using a small glass and use a tiny pitcher. Babies love the challenge and will eventually stop spilling



You can also use: Banana, Avocado, Mango, Papaya and lots more!

Please avoid durian

HOW TO COOK

APPLE PUREE



1° STEP

This time I am using 2 large apples



2° STEP

Peel the apples

3° STEP

I recommend Babymoov (steamer & blend) it is available on Shopee & Lazada. There are other brands to choose from as well!



4° STEP

Add water - just above the knob in the middle



5° STEP

Put the chopped apple bits into the steamer



6° STEP

Press the steamer button on the left



HOW TO COOK

APPLE PUREE



7° STEP

This time I did 25 min



8° STEP

Feel if the apple is soft - you can always steam it longer



9° STEP

Move it over to the blender side



10° STEP

Change the setting to blender (button on the right). You can also set the speed of the blender, for the apple any speed is OK



11° STEP

Push the blend button on the top.

Done!



12° STEP

Keeps in the fridge for a few days - steam or microwave it to serve again warm



HOW TO COOK

PUMPKIN PUREE



1° STEP

This time I am using 1/4 of a pumpkin - you can also make carrot & butternut squash



2° STEP

Cut the outer layers off & chop into smaller size



3° STEP

I recommend Babymoov (steamer & blend) it is available on Shopee & Lazada. There are other brands to choose from as well!



4° STEP

Add water - just above the knob in the middle



5° STEP

Put the chopped pumpkin bits into the steamer



6° STEP

Press the steamer button on the left



HOW TO COOK

PUMPKIN PUREE



7° STEP

This time I did 25 min



8° STEP

Feel if the pumpkin is soft - you can always steam it longer



9° STEP

Move it over to the blender side



10° STEP

This is the run off water that collects in the steamer - this contains nutrients



11° STEP

Pour a tiny bit into the blender at first - add more as you go to get puree consistency



12° STEP

After blending - Keep the rest in the freezer (I recommend silicone ice tray that comes with a lid)



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HOW TO COOK

MASHED POTATO



1° STEP

This time I am using 1 large potato - you can also make broccoli & cream (just add more cream)



2° STEP

Peel the potato



3° STEP

I recommend Babymoov (steamer & blend) it is available on Shopee & Lazada. There are other brands to choose from as well!



4° STEP

Add water - just above the knob in the middle



5° STEP

Put the chopped potato bits into the steamer



6° STEP

Press the steamer button on the left



HOW TO COOK

MASHED POTATO



7° STEP

This time I did 20 min



8° STEP

Feel if the potato is soft - you can always steam it longer



9° STEP

Move it over to the blender side



10° STEP

I use this cream from Macro - don't add too much in the beginning. You can always add more if it is not enough



11° STEP

Pour a tiny bit into the blender with steamed potato



12° STEP

Switch to blend mode and push the blend button on the top.

Done!



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Keep the rest in the freezer (I recommend silicone ice tray)



HOW TO COOK

SWEET POTATO PUREE



1° STEP

This time I am using the ready made sweet potato from my local market



2° STEP

You can separate the brown from the purple to create different colors. Be sure to peel the skin



3° STEP

I recommend Babymoov (steamer & blend) it is available on Shopee & Lazada. There are other brands to choose from as well!



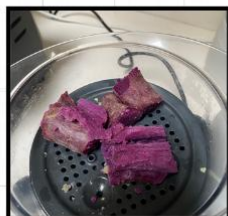
4° STEP

Add water - just above the knob in the middle



5° STEP

I am steaming it again to heat it up



6° STEP

Press the steamer button on the left



HOW TO COOK

SWEET POTATO PUREE



7° STEP

This time I did 5 min



8° STEP

You may need to add a lot of water to make a puree consistency



9° STEP

Blend and Keep adding water accordingly



10° STEP

Keep the rest in the freezer (I recommend a silicone ice tray with a lid)



HOW TO COOK

STEAMED EGG



1° STEP

I use a Japanese chawanmushi dish. These ceramic dishes you can purchase on lazada/shoppee. Just search for "chawanmushi"



2° STEP

Crack one egg into the dish- I recommend Hilltribe Organics from Tops or Villa Market



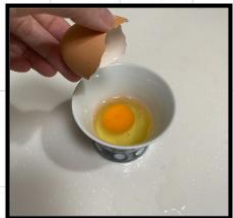
3° STEP

Add water- half of the volume of the egg. I measure by using one half of the egg shell- put drinking water inside.



4° STEP

Pour the drinking water into the dish



5° STEP

stir very well



6° STEP

Make sure there is water inside the steamer



HOW TO COOK

STEAMED EGG



7° STEP

This time I did 12 min



8° STEP

When time is up, lift the lid (be careful its very hot). Try not to lift the lid before the time is up, we don't want to let the heat out



9° STEP

Check that the center is cooked through - this time it was not enough



10° STEP

Add another 5-8 min to steam if the center is still runny



11° STEP

When the time is up - check the center again



12° STEP

Keep in the fridge for a couple days- you can heat it up using the steam (it may explode in the microwave)



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HOW TO COOK

MASHED FISH



1° STEP

This time I am using frozen Alaskan sole fish from Paleo Robbie - you can buy any kind of white fish - make sure it is not salted



2° STEP

Boil for a few minutes (depends on the size of your fish) - you can also steam it



3° STEP

Drain the water



4° STEP

chop into very small bits



5° STEP

Put half in the fridge and half in the freezer to keep for later!



6° STEP

Add breastmilk/formula milk or cream



HOW TO COOK

MASHED FISH



7° STEP

When you get it out of the fridge add breastmilk/formula milk or cream and microwave for 10-15 seconds



8° STEP

Eventually give the boiled fish to your baby without breastmilk/formula milk or cream. Try hand feeding if your baby is reluctant to accept it. Give it a try!



Try Paleo Robbie for fish & meat products. In Phuket this is a safer source compared to supermarkets particularly during monsoon season:

https://paleorobbie.com/?srsltid=AfmBOorHA7-NZxNesBLx-EU3IE0mYXta_5cElOvrCD6qOwjx92Op01iR



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QUICK & EASY

SOMETIMES WE FORGET TO SHOP

- DONT PANIC - KEEP THIS IN YOUR KITCHEN OR GO TO THE NEAREST MARKET



Instant Oatmeal

I bought this one in Villa Market. Just add hot water!



01

QUICK & EASY

SOMETIMES WE FORGET TO SHOP

- DONT PANIC - KEEP THIS IN YOUR KITCHEN OR GO TO THE NEAREST MARKET



Coming Soon

05

Greek Yogurt

Avoid yogurt with a lot of added sugar. You will be surprised how your baby eventually gets used to the sour taste and enjoys it after a few tries. This one I bought at Villa Market.



02

Cottage Cheese

Available in most supermarkets. You can scoop a little out and offer it as a side dish! Dont give too much, this is a treat as it does contain salt.



06

Young Coconut

Available all over Thailand. Check your local market! Be sure to chop the meat very small to prevent chocking



03

Frozen Rice

Freeze white rice in saran wrap. You can make one time use amounts which you can microwave when needed. Easy to make rice porridge with!



07

Mackerel/Saba & Snapper fish

Go to the ready made food section of your supermarket or your local wet market! Ask for Saba or red/blue snapper! Make sure the meat on the inside is not salted (usually the skin is salty or has sauce) When feeding your baby, mash it using your fingers and feed your baby using your hand (this way you can make sure there is no bone)



04

Soft Tofu

Soft tofu. I buy this brand (blue color). Scoop a little out and mash it with a small fork. Put it in the microwave for 20-30 sec. Fill a tupper-ware box with water and keep the left over tofu inside submerged in the fridge



08



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Baby-led Weaning

8 + months

Between 3-8 months your baby was fed by you using the spoon. Perhaps your baby played with their dish/spoon/glass but it is around 8 months that your baby will be interested in putting food in their mouth. Your baby has been watching you do it, it is time to let them have a try!

When preparing food for your baby to hold, make sure that the pieces are large enough that he/she can hold it. The food needs to be soft enough that when your baby puts it in their mouth it will fall apart but it needs to be hard enough that it doesn't crumble in their hand.

Around 8 months your baby will start to demand that they join family meal time, here is some menu ideas to give your baby a chance to feed themselves while sitting at the family meal time. Always supervise when your baby is feeding themselves.



Hard Bread

Around 8 months you can start by offering hard bread! I recommend the end part of the french baguette. Let it sit for a while to go hard so that no large/soft chunks get into your baby's mouth. Your baby's saliva will soften the bread to be swallowed.



Pumpkin

Now your baby can try large chunks of pumpkin. Cut it into large pieces to boil. I usually do 15 min. It needs to be soft enough to melt in their mouth but hard enough that he/she may pick it up.

Carrot

Cut carrots into long strips and boil. It needs to be soft enough that it melts in the mouth but hard enough to be held.



Broccoli

Broccoli is also boiled. You may keep all these vegetables in a tupper-ware for a couple days in the fridge and microwave!



FUSILLI and ROTINI

Pasta

Around 9+ months, I like to make bolognese using this pasta. Separate out your baby's portion, the adults can then secretly add seasoning for themselves. Chop the pasta into tiny bits and let your baby hold the spoon.



Rice Cracker

At around 8+ months your baby may want a snack in between meals. This is a healthy option available at most supermarkets. This cracker is hard but will melt in your baby's mouth using their saliva.

Toast

By 12+ months your baby is turning into a toddler. He/she may want to transition to more advanced foods like peanut butter on toast or even liver pate on toast. Make sure the bread is slightly toasted to make it easy to hold. I recommend Black Sesame paste mixed with Honey (about $\frac{2}{3}$ black sesame and $\frac{1}{3}$ honey)- available on lazada & shopee.



Milk

Try to transition to milk in a glass or milk box around 12/13 months. We want to aim for less milk and more food! It gives toddlers a sense of independence plus no more washing and sterilizing bottles! Well done! Weaning is now completed!





Avoid:

- Honey- do not offer your baby any honey (they are not able to digest it)
- At 8 months, babies will want to feed themselves (baby-led weaning) this is when choking can happen. Avoid letting your child eat alone. Always supervise during meals
- Grapes, cherry tomatoes, cherry (anything spherical and smooth) - even if you dice it into small bits it can still be a choking hazard
- Apples & Pears- it must be cooked first and in puree form
- Store bought baby food in Thailand - Thailand does not have the same regulations as Europe and US

Help:

- My baby eats so fast he/she is literally inhaling the food! -try creating a new routine. The brain is on fast-mode auto pilot.
1. Set the table (if your child is able to help, let them)
 2. Wait until all family members are seated
 3. Sing a short song, anything is ok.
 4. Now your child may eat
 5. Repeat before every meal

This is why typically in nursery schools, we will sing before we eat. This slows the brain down and gives the child “steps” before eating. Rather than sitting down and inhaling the food.