

Supplementary Material

Supplementary Table S1. Parents questionnaires

Traditional feeding	n	%
It seemed the simplest and safest option	20	57
I had no experience, so I relied on specific pediatric food products	14	40
To offer a healthier and/or more physiologically appropriate diet	8	22.8
I was not aware of alternative approaches	4	11.4
It allows me to spend less time on food preparation	3	8.6
It seemed to be the best option	11	31.4
Not traditional feeding		
It allows for a more varied diet	64	56
It enables the provision of a healthier and/or more physiologically appropriate diet	60	52.6
It allows the introduction of a wide range of flavors and/or textures	86	75.4
It allows me to spend less time on meal preparation	24	21
It promotes earlier development of the child's autonomous eating	48	42
I do not want to follow the "rules of the market" (i.e., commercial interests)	20	17.5
Other	14	12.3

Supplementary Table S2. Prevalence of Foods Administered During Different Types of Complementary Feeding

	Traditional n (%)	Autonomous n (%)	BLW n (%)	RR (CI 95%)	p-value
Individual grapes				0.55 (0.27-1.12)	0.015
Yes	27 (77.1%)	47 (73.4%)	22 (44.9%)		
No	8 (22.9%)	17 (26.6%)	27 (55.1%)		
Nuts				0.43 (0.18-1.03)	0.105
Yes	30 (85.7%)	44 (69.8%)	32 (65.3%)		
No	5 (14.3%)	19 (30.2%)	17 (34.7%)		
Fruit with seeds				0.68 (0.19-2.50)	0.816
Female	33 (94.3%)	58 (90.6%)	44 (91.7%)		
Male	2 (5.7%)	6 (9.4%)	4 (8.3%)		
Raw apple				0.92 (0.50-1.72)	0.930
Yes	11 (31.4%)	18 (28.1%)	15 (30.6%)		
No	24 (68.6%)	46 (71.9%)	34 (69.4%)		
Raw carrot				0.98	0.342

				(0.52-1.82)	
Yes	24 (68.6%)	47 (74.3%)	29 (60.4%)		
No	11 (31.4%)	17 (26.6%)	19 (39.6%)		
Sausage				0.85 (0.24-3.05)	0.540
Yes	32 (94.1%)	58 (90.6%)	46 (95.8%)		
No	2 (5.9%)	6 (9.4%)	2 (4.2%)		
Mozzarella cheese				0.62 (0.35-1.11)	0.007
Yes	19 (54.3%)	32 (50%)	12 (24.5%)		
No	16 (45.7%)	32 (50%)	37 (75.5%)		
Seeds				0.28 (0.07-1.09)	0.096
Yes	33 (94.3%)	50 (79.4%)	37 (77.1%)		
No	2 (5.7%)	13 (20.6%)	11 (22.9%)		
Candies				4.29 (3.20-5.76)	0.200
Yes	34 (97.1%)	64 (100%)	48 (100%)		
No	1 (2.9%)	0	0		
Orange segments				0.59 (0.33-1.04)	0.008
Yes	15 (42.9%)	23 (36.5%)	7 (14.3%)		
No	20 (57.1%)	40 (63.5%)	42 (85.7%)		

Supplementary Table S3. Episodes of aspiration and associated variables

	Aspiration n (%)	Not Aspiration n (%)	RR (CI 95%)	<i>p</i> -value
Gestational age			1.14 (0.51-2.56)	0.990
≥ 37 weeks	4 (6.7%)	7 (8.1%)		
< 37 weeks	56 (93.3%)	79 (91.9%)		
Age at the introduction of complementary feeding			1.14 (0.36-3.65)	0.458
4 months	2 (3.3%)	4 (4.7%)		
5 months	21 (35%)	22 (25.6%)		
≥ 6 months	37 (61.7%)	60 (69.8%)		
Sex			1.25 (0.85-1.83)	0.331
Female	28 (45.2%)	47 (54.7%)		
Male	34 (54.8%)	39 (45.3%)		
Share meal with family			1.10 (0.67-1.79)	0.895
Yes	49 (81.7%)	73 (83.9%)		
No	11 (18.3%)	14 (16.1%)		
Complementary feeding modality			0.72 (0.45-1.16)	0.394

Traditional	17 (48.6%)	18 (51.4%)		
Autonomous	22 (34.9%)	41 (65.1%)		
BLW	21 (42.9%)	28 (57.1%)		
Training course			1.09 (0.70-1.72)	0.843
Yes	15 (25.4%)	23 (28.4%)		
No	44 (74.6%)	58 (71.6%)		

Supplementary Table S4. Extract from the Pediatricians' Questionnaire

Do you believe that traditional weaning, compared to alternative methods up to baby-led weaning, may have positive effects on the parents who practice it?
- I believe it can support parents psychologically and in everyday life: 43.6% (n = 55) - The advantages may outweigh the disadvantages: 12% (n = 15) - I don't believe it has any impact: 16.7% (n = 21) - I believe it has a negative impact: 7.1% (n = 9) - The disadvantages outweigh the advantages: 20.6% (n = 26)
If you recommend changes to traditional weaning, do you believe these may have a positive effect on the child's development?
- I believe it can significantly improve the child's development: 55.5% (n = 70) - The advantages may outweigh the disadvantages: 17.5% (n = 22) - I don't believe it has any impact: 13.5% (n = 17) - I believe it mainly carries risks: 0.8% (n = 1) - The disadvantages outweigh the advantages: 0.8% (n = 1) - I don't know: 11.9% (n = 15)
Do you believe that baby-led weaning, compared to traditional weaning, can improve shared mealtimes within the family?
- I believe it can benefit the whole family, promoting shared meals and moments of daily life: 67.4% (n = 85) - The advantages may outweigh the disadvantages: 3.2% (n = 4) - I don't believe it has any impact: 13.4% (n = 17) - The disadvantages outweigh the advantages: 12% (n = 15) - I believe it may worsen shared meals, especially during certain stages: 4% (n = 5)
Do you believe that modifications to traditional weaning, including baby-led weaning, may influence the risk of developing obesity and/or eating disorders during the child's development?
- I believe it may help prevent the development of these conditions: 43.6% (n = 55) - The advantages may outweigh the disadvantages: 9.5% (n = 12) - I don't believe it has any impact: 28.6% (n = 36) - I believe it may increase the risk of developing such conditions: 12% (n = 15) - The disadvantages outweigh the advantages: 6.3% (n = 8)