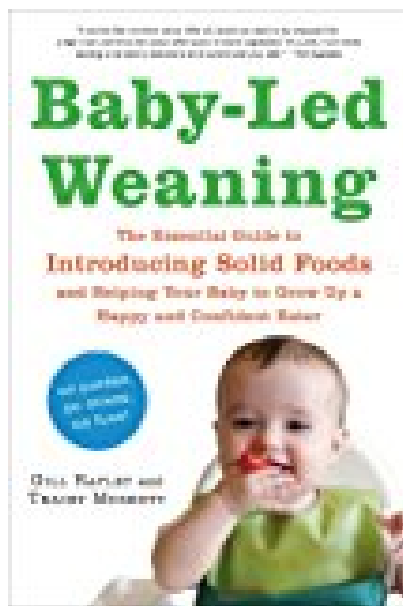


# Baby-Led Weaning The Essential Guide to Introducing Solid Foods-and Helping Your Baby to Grow Up a Happy and Confident Eater

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## BOOK DETAILS

- Author : Gill Rapley
- Pages : 256 Pages
- Publisher : Experiment, The
- Language : English
- ISBN : 161519021X

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## BOOK SYNOPSIS

Explodes the myth that babies need to be spoon-fed, and shows why self-feeding from the start of the weaning process is the healthiest way for your child to develop. With baby-led weaning (BLW, for short), you can skip purées and make the transition to solid food by following your baby's cues. At about six months, most babies are ready to join the family at the kitchen table and discover food for themselves. This book is the definitive guide to this crucial period in your child's development, and shows you how to help your baby participate in family meals right from the start; experiment with food at his or her own pace; develop new abilities, including hand-eye coordination and chewing; and learn to love a variety of foods and to enjoy mealtimes.--From publisher description.

### **BABY-LED WEANING THE ESSENTIAL GUIDE TO INTRODUCING SOLID FOODS-AND HELPING YOUR BABY TO GROW UP A HAPPY AND**

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