

Easy Weaning: Everything You Need to Know About Spoon Feeding and Baby-led Weaning



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Easy Weaning: Everything You Need to Know About Spoon Feeding and Baby-led Weaning, Sara Patience, Weaning your child has never been so confusing: the government says one thing, an expert says another; some people are into baby-led weaning, some swear by purees. Easy Weaning cuts through the noise and provides clear, realistic advice drawn from Sara's work with thousands of families as a health visitor, nutritionist and nurse. Without seeking to promote one weaning method over another, Easy Weaning equips you with all the information you need to confidently wean and feed your child. Features: step by step advice for all the key stages of weaning; how to establish healthy eating patterns; simple, delicious recipes that all the family can enjoy; and, detailed chapters on fussy eating, allergies and intolerances, problem-solving, and more.



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