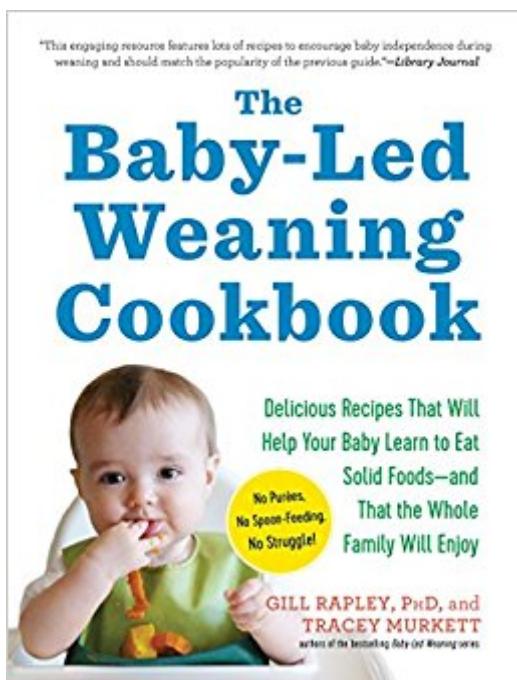


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# The Baby-Led Weaning Cookbook: Delicious Recipes That Will Help Your Baby Learn To Eat Solid Foods—and That The Whole Family Will Enjoy



## Synopsis

Forget baby purees and spoon-feeding—there’s an easier, more natural way to introduce your little one to solid foods. By about six months, when babies can sit up unassisted, grab things, and munch on them, they are ready to join the family at the kitchen table and discover real, solid food for themselves. Baby-led weaning sets the stage for healthy eating habits in the years ahead by helping babies learn to feed themselves, to gauge appetite, and to love a variety of nutritious foods. Now, with *The Baby-Led Weaning Cookbook*, cooking family meals that your little one can share will be a cinch. Gill Rapley and Tracey Murkett—coauthors of *Baby-Led Weaning*, the book that started the movement—collect 130 recipes perfectly suited for baby-led weaning, as well as: Straightforward advice on which foods to start with Essential at-a-glance information on nutrition and food safety Healthy ideas for quick snacks, delicious desserts, and meals for the whole family Anecdotes and quotes from parents who follow baby-led weaning Tips on minimizing the mess, keeping food the right size for little hands, and more! *The Baby-Led Weaning Cookbook* will give you the recipes and the confidence to create exciting, enjoyable mealtimes that encourage little ones to develop at their own pace.

## Book Information

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## Customer Reviews

“This engaging resource features lots of recipes to encourage baby independence during weaning and should match the popularity of the previous guide.” Library Journal

Gill Rapley, PhD, the pioneering champion of baby-led weaning, has studied infant feeding and child development for many years. She worked as a public health nurse for more than 20 years, and has also been a midwife, lactation consultant, and breastfeeding counselor. She lives in Kent, England, with her husband and has three grown-up children, all of whom tried their best to show her that they didn't need any help with solid foods. Tracey Murkett is a freelance writer and journalist and a volunteer mother-to-mother breastfeeding helper. After following baby-led weaning with her own daughter, she wanted to help to spread the word about how enjoyable and stress-free mealtimes with babies and young children can be. She lives in London with her partner and their daughter.

Great one! Not only for those who want to try some hard-core baby-led weaning but for all who want to cook delicious meals that all of the family can enjoy. The recipes are very well organized, easy to find and there is a lot of useful tips.

We ordered this hoping for some new and exciting ideas, but this wasn't it. Very basic recipes that you really don't need a cookbook for.

This cookbook has a lot of great recipes the whole family can enjoy to support baby's needs. Would recommend to any parents.

I LOVE this recipe book. The chicken risotto on pg 137 is absolutely delicious. I can't wait for my son to start eating with us

Wasn't impressed with the recipes. I feel some common sense and Google work just as well, if not better.

Great information for starting my daughter on solids. Good recipes to get started. Love this book! Would recommend to friends.

Love the book and all the info! Will educate myself more on blw

Most of the recipes share almost the same idea.

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Foods And That the Whole Family Will Enjoy The Baby-Led Weaning Cookbook: 130 Easy, Nutritious Recipes That Will Help Your Baby Learn to Eat (and Love!) a Variety of Solid Foods And That the Whole Family Will Enjoy The Baby-Led Weaning Family Cookbook: Your Baby Learns to Eat Solid Foods, You Enjoy the Convenience of One Meal for Everyone Baby-Led Weaning: A simple step by step guide to baby-led weaning Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Baby-Led Weaning: The Essential Guide to Introducing Solid Foods - and Helping Your Baby to Grow Up a Happy and Confident Eater Whole Food: The 30 Day Whole Food Challenge Whole Foods Diet Whole Foods Cookbook Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Whole Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Baby-led Weaning: Helping Your Baby To Love Good Food Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) The Baby Led Feeding Cookbook: A new healthy way of eating for your baby that the whole family will love! Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook Whole Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook Whole Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Whole Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! A Mom's Practical Guide to Baby-Led Weaning Baby-led weaning: 70 recetas para que tu hijo coma solo (Spanish Edition) Baker's Secret Family Chocolate Treats Cookbook: 25 delicious, easy to cook, chocolate treats for the whole family to enjoy, including lots of bakers' secrets (Baker's Secrets Cookbooks)

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