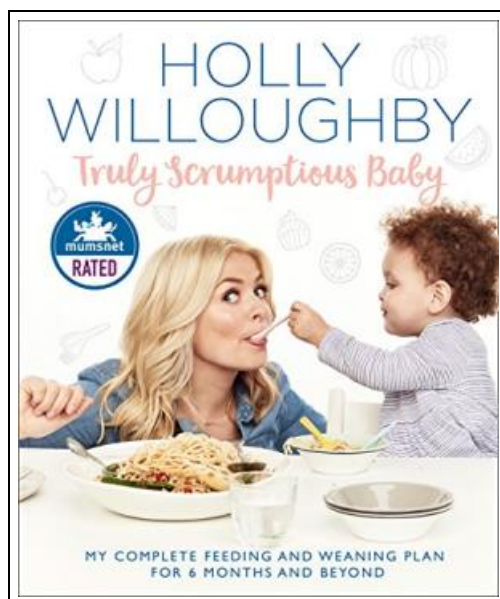


Truly Scrumptious Baby: My Complete Feeding and Weaning Plan for 6 Months and Beyond (Hardback)



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Reviews

I just started off reading this article ebook. It is actually writter in basic words and not confusing. I am just very happy to let you know that this is the best ebook i actually have read through inside my individual daily life and can be he finest ebook for possibly.
(Dayne Johns)

TRULY SCRUMPTIOUS BABY: MY COMPLETE FEEDING AND WEANING PLAN FOR 6 MONTHS AND BEYOND (HARDBACK)



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HarperCollins Publishers, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. **AWARDED A MUMSNET RATED BADGE 2017** `Exceeded my expectations! In-depth introduction to weaning, including useful nutritional information, plus lots of lovely recipes appropriate to each stage of weaning - and the ones for toddlers are fantastic for the whole family to share, too! Mumsnet Reviewer Weaning my little ones was a joyous, messy and occasionally testing experience! This book aims to help you through the next development phase: introducing your baby to the colourful, flavourful, wonderful world of food. The thought of weaning can be daunting to the most self-assured mums and dads. I know I felt that way, even with my third! But while every baby is different, one thing is the same for all parents: the importance of serving them delicious, nutritious dishes with minimal fuss and maximum benefits. There is no one-size-fits all approach and there are decisions to be made: spoon-feeding purees or baby-led weaning? What equipment don t you need and where should you spend extra? With so much contradictory advice out there, I wanted to provide a go-to guide that arms you with everything you need to know as your baby starts on solids. You ll read about the basics of good nutrition; techniques; equipment; ages and stages (what they can have, and when). I ll also share my go-to recipes for the key stages in the first 15 months, developed over the process of weaning my three children. These are simple, easy-to-follow meals and plans that require minimal prep time, make the most of your ingredients and won t break the bank. I ve also provided recipes for the months and years that follow, including sections on feeding the entire family (the ultimate goal!) and the perfect things to...



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