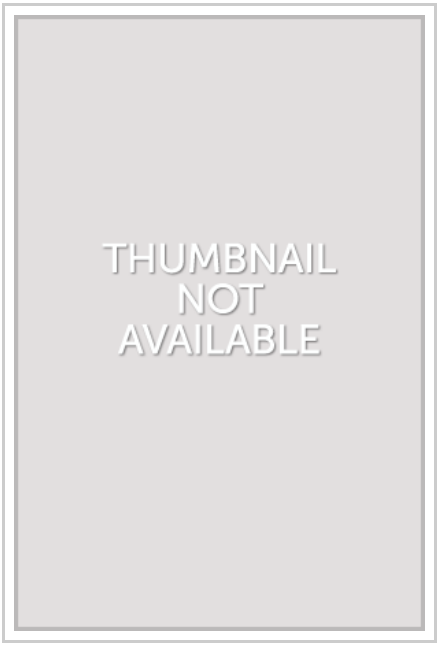


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Baby-Led Weaning The Essential Guide to Introducing Solid Foods - and Helping Your Baby to Grow Up a Happy and Confident Eater

By Gill Rapley

The Experiment. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 8.2in. x 5.4in. x 0.8in.The Natural, No-Fuss, No-Pure Method for Starting Your Baby on Solid FoodsBaby-Led Weaning 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 pures and make the transition to solid food by following your babys cues. At about six months, most babies are ready to join the family at the kitchen table and discover food for themselves. Baby-Led Weaning is the definitive guide to this crucial period in your childs development, and shows you how to help your baby: Participate in family meals right from the startExperiment with food at his or her own paceDevelop new abilities, including hand-eye coordination and chewingLearn to love a variety of foods and to enjoy mealtimesBaby-led weaning became a parenting phenomenon in the UK practically overnight, inspiring a fast-growing and now international online community of parents who practice baby-led weaningwith blogs and pictures to prove it! In Baby-Led Weaning, world-leading BLW authority Gill Rapley and early BLW practitioner and coauthor Tracey Murkett...

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