



## Baby-led Weaning: Helping Your Baby to Love Good Food

By Gill Rapley, Tracey Murkett

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Baby-led Weaning: Helping Your Baby to Love Good Food, Gill Rapley, Tracey Murkett, Contrary to popular belief, there is no research that supports the current mainstream view that babies should be weaned by being spoon-fed purees. Self-feeding allows babies to use their natural abilities to explore taste, texture, color and smell. It encourages independence and confidence by allowing them to experiment with foods at their own pace and helps to develop hand-eye coordination and chewing. "Baby-led Weaning" is a practical and authoritative guide to introducing solid food, enabling your child to grow up a happy and confident eater. It shows parents why baby-led weaning makes sense and gives them the confidence to trust their baby's natural skills and instincts. With practical tips for getting started and the low-down on what to expect, "Baby-led Weaning" explodes the myth that babies need to be spoon-fed and shows why self-feeding from the start is the healthiest way for your child to develop. Your baby is allowed to decide how much he wants to eat, how to eat it and to experiment with everything at his own pace. Baby-led weaning is a common-sense, safe, easy and enjoyable...



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