



Baby Self-Feeding: Solutions for Introducing Purees and Solids to Create Lifelong, Healthy Eating Habits (Paperback)

By Nancy Ripton, Melanie Potock

FAIR WINDS PRESS, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Let your baby take control of their eating habits and create a healthy relationship with food! Your baby's relationship with food starts with her first bite. Set your child up for lifetime of healthy, adventurous eating by letting her lead the way. Baby self-feeding puts your child in the driver's seat, helping to establish a positive relationship with what's on his plate. This book helps you encourage a confident and healthy eater at an early age, featuring: Valuable self-regulatory skills Mindful eating strategies 25 baby-tested and approved functional food recipes Smart-start purees and healthy finger foods, and how to introduce them Ways to avoid picky eating Methods for avoiding food allergies and reducing choking hazards Mess-free tips for dining out Baby Self-Feeding offers practical solutions, step-by-step ways to transition your baby to early solid foods and smart-start purees. Homemade baby foods avoid the excess sugar, sodium, dyes, and fillers found in commercial products - plus, they're easy to make even if you are short on time. Let your baby learn to eat at her own pace with Baby Self-Feeding.



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