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Baby Self-Feeding: Solutions For Introducing Purees And Solids To Create Lifelong, Healthy Eating Habits (Holistic Baby)



Synopsis

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.

Book Information

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Customer Reviews

"What a fun read! This adorable, thorough guide leaves no dish un-turned. It's ideal for first-time parents, or for the seasoned mom or dad who finds themselves with a challenging eater. It's also a great reminder that modeling great food habits is an important part of parenting - Abigail Tuller, editor at large, Pregnancy magazine" Baby Self-Feeding features research and recommendations

that are sure to help your child become a healthy eater for life! This book addresses common practical issues such as introducing first foods and choosing feeding accessories such as high chairs, mixed in with nutritional information and health concerns, including allergies and choking prevention. It is a great resource for your baby's formative feeding years - Jennifer Shu, M.D., pediatrician, mom, and co-author of *Heading Home with Your Newborn*"As both a mother and a pediatrician, I see firsthand how early experiences with food can set the stage for a healthy, happy lifetime of eating. *Baby Self-Feeding* beautifully illustrates how to ensure that a baby's first feeding experience is not only nutritious but also enjoyable - Nimali Fernando, M.D., M.P.H., author of *Raising a Healthy, Happy Eater*

Nancy Ripton is a writer and editor with two decades of experience in consumer publishing, writing for publications such as *Pregnancy*, *Fit Pregnancy*, *More*, *Elle*, *Glamour*, *Men's Fitness* and many more. She has worked as an editor-in-chief of various magazines including *Oxygen*, *glow* and (her current position) at *Inside Fitness Women*.With a background as a personal trainer and fitness program director, Nancy has always been passionate about health, fitness, nutrition and learning new ways to strive towards optimal health.Nancy is a mother of three, and co-founded *JustTheFactsBaby.com* after having her first child nine years ago. She has become a go-to online voice for trusted, well-researched parenting advice. This is her first book.Melanie Potock, MA, CCC-SLP is a pediatric feeding specialist and certified speech language pathologist. Her practice focuses on the family and teaching the fundamentals of parenting in the kitchen. Melanie has over 15 years of experience helping babies, children and teens learn to eat a variety of healthy foods. The spectrum of kids on her caseload includes children with significant medical issues to the garden-variety picky eater. Melanie's extensive knowledge of how children learn the developmental process known as "feeding" and her joyful approach in supporting the whole family on their feeding journey is the perfect combination and leads to happier, healthier mealtimes for everyone. Melanie is the coauthor of *Raising a Healthy, Happy Eater* and author of *Happy Mealtimes with Happy Kids*.

This book does a wonderful job explaining the importance of appropriate steps and stages of feeding development. It's easy to understand and includes strategies, recipes and a wealth of other information. With all the new eating gadgets, spill proof cups and bowls, this book is a must have for every parent.

I watched all the videos that they have in *Parenting in the Kitchen*, own both books. They are a

great resource for feeding children. I highly recommend it.

Reading this gave me the confidence to try baby self-feeding on my 7 month-old. He really wasn't into purees and this gave us a lot of other options.

This book is excellent and a must read for parents of little ones. It can be so confusing know what and when to feed your baby and this gives step by step guidelines for feeding. So much useful information and really emphasizes the importance of healthy eating in the first years for a lifetime of healthy eating. Highly recommend!

As a pediatric occupational therapist primary working with infants and toddlers who struggle with feeding, this book is an invaluable resource for myself to guide practice as well as to recommend to parents to purchase and read. The book provides information in an easy to digest format that makes it appropriate for any clinician or parent. Parents that I work with have found the section on safety to be extremely beneficial, as it explains signs of choking and allergy and discusses baby safe foods to try first in an organized table format. This book provides wonderful guidelines for parents who are looking to raise an adventurous eater or for those parents who may be struggling with feeding and looking for answers and explanations. I highly recommend this book to any clinician or parent looking for a great resource.

This book is a great resource. Especially now, a time where there is SO much information on how/what/when to feed your baby it can be overwhelming. The authors have written a beautiful, simple, clear, easy to follow and understand guide for developmentally appropriate, proven ways to set your child up for being a good eater. It is chock-full of ideas and things to try with your early eaters, as well as how to set up healthy habits. I am a parent and a feeding therapist, and I love having yet another great feeding book to recommend to parents! My favorite part: The list of references (medical journal, magazine, etc.) included shows that these authors have done their homework and research.

All the concerns and questions I had about feeding my kids answered in an easy, interesting read! Sidebars with tips and summaries so that you can catch the highlights while you're juggling your toddlers, and in-depth chapters for when they're asleep. A must buy for your next baby shower gift.

Highly recommended this resource as a parent and Speech Pathologist who specializes in feeding. I liked the history of feeding, current research, and informative visuals.. The book also had excellent vivid and realistic pictures. This will be my go to book in helping children and parents.

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