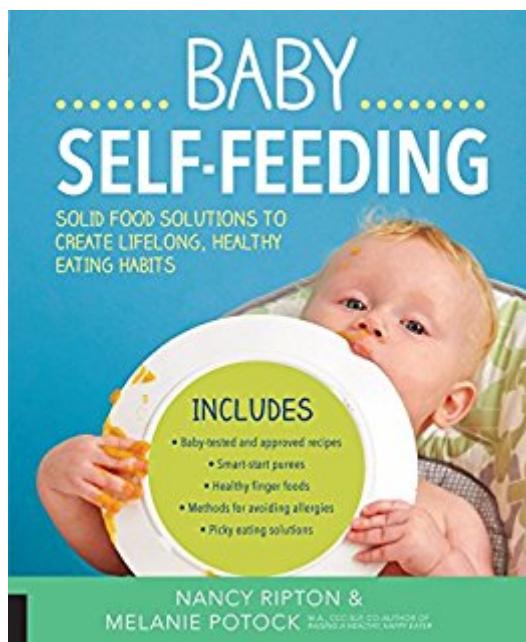


The book was found

Baby Self-Feeding: Solid Food Solutions 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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Cookbooks, Food & Wine > Special Diet > Baby Food

Customer Reviews

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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