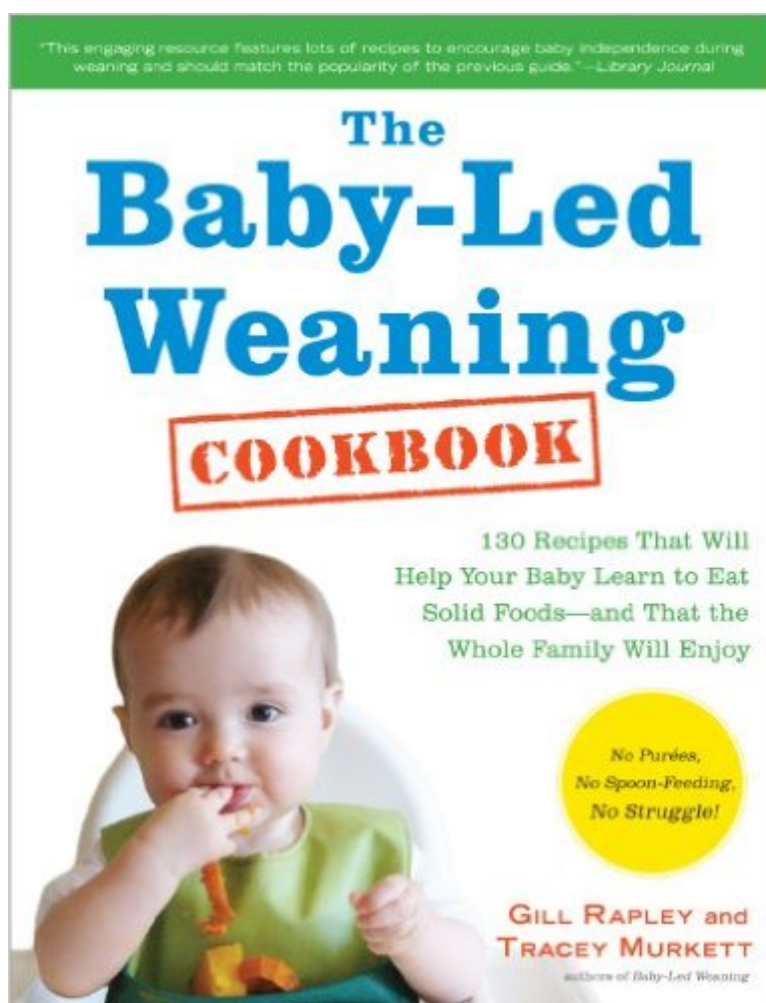


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# The Baby-Led Weaning Cookbook: 130 Recipes That Will Help Your Baby Learn To Eat Solid Foods—and That The Whole Family Will Enjoy



## Synopsis

Forget baby purées and spoon-feeding—there's an easier, more natural way to introduce your little one to solid foods. By about six months, when babies can sit up unassisted, grab things, and munch on them, they are ready to join the family at the kitchen table and discover real, solid food for themselves. Baby-led weaning sets the stage for healthy eating habits in the years ahead by helping babies learn to feed themselves, to gauge appetite, and to love a variety of nutritious foods. Now, with *The Baby-Led Weaning Cookbook*, cooking family meals that your little one can share will be a cinch. Gill Rapley and Tracey Murkett—coauthors of *Baby-Led Weaning*, the book that started the movement—collect 130 recipes perfectly suited for baby-led weaning, as well as:

- Straightforward advice on which foods to start with
- Essential at-a-glance information on nutrition and food safety
- Healthy ideas for quick snacks, delicious desserts, and meals for the whole family
- Anecdotes and quotes from parents who follow baby-led weaning
- Tips on minimizing the mess, keeping food the right size for little hands, and more!

*The Baby-Led Weaning Cookbook* will give you the recipes and the confidence to create exciting, enjoyable mealtimes that encourage little ones to develop at their own pace.

## Book Information

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## Customer Reviews

I was already well into the BLW process when we bought this book, but as an avid BLW evangelist, I had to have it anyway, for the lending library, at the very least. I wish I could take my original BLW book back and get just this one instead. The first several chapters are, in essence, a re-hashing of the original BLW book, but explained in a much simpler way, laid out more nicely, and with visual

aids (charts, graphs, and -- of course -- completely adorable pictures of babies). It does offer some nice bullet-pointed lists absent from the original book that are tremendously useful -- things like "What to Expect," "Keeping Mealtimes Safe," "Common Allergens," and the like, as well as charts of relevant feeding skills by age. Also, this book offers nice long lists of actual suggestions of a variety of first and second foods, which the original book did not. Truthfully, it just looks nicer and reads more easily than the original book. As for the recipe section, I think it's quite useful. I'm a fairly good cook and menu planner, and part of the point of going the BLW route was so that the baby could quickly transition to eating basically what we (the adults) were eating. However, I know that I found myself befuddled after having the baby in how to suddenly cook as a Mom. In the old days, I could spend all afternoon preparing complex and leisurely meals... the transition to quick, one-pot cookery was not a graceful (or particularly tasty) one for me, and trying to develop meals based on how quickly I could eat them with only one free hand was tricky, to say the least. It took me several months to really find my rhythm in the kitchen again, and I suspect this cookbook might've helped.

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