



Date : 27/01/2021

Pages : 175

Format cm : 16 x 22

Prix : 12.9

EAN : 9782019457815

Baby-Led Weaning

A Complete Guide to Baby-Led Weaning

Author: Aurélie Mantault

Publisher : La Maison Hachette Pratique

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Baby - Pony

With Baby-Led Weaning, your infant will learn to feed themselves and discover a world of safe foods.

At around 6 months, your infant is getting ready to try solid foods, while still consuming plenty of milk..

Baby-Led Weaning provides:

- independent food discovery
- sensory stimulation
- early introduction to chewing motions
- motor development
- a diet founded on non-processed foods
- reduced risk of eating disorders and habits that lead to obesity

This book accessibly outlines the theory and practice with recipes suited for a six-month-old, seasonal menus, charts and tables of information and reminders... and lots of other things to awaken your baby's tastebuds!
