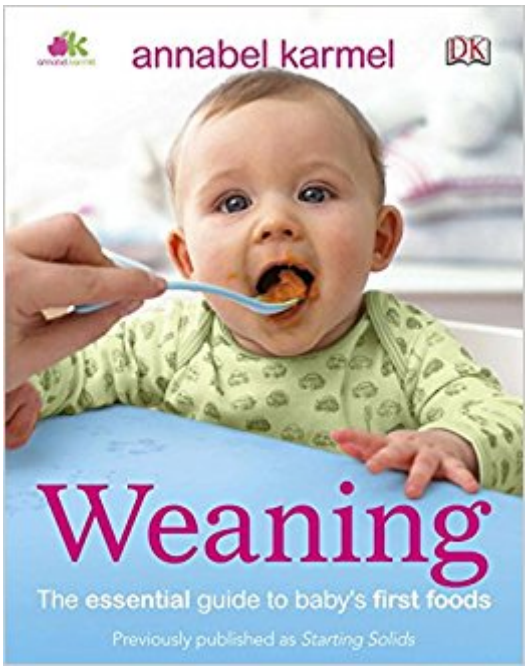
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Weaning



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Synopsis

From the world’s leading expert and bestselling author on baby and children’s food and nutrition Annabel Karmel, comes the ultimate guide to starting children on solids. With basic but crucial details, such as types of spoons, portion size, and best feeding time, to larger issues, such as when to begin and allergy advice, Weaning provides all the fundamentals parents need and includes thirty new healthy, delicious recipes with twenty simple puree recipes to get started.

Book Information

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Average Customer Review: 3.6 out of 5 stars 13 customer reviews

Best Sellers Rank: #689,353 in Books (See Top 100 in Books) #117 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Baby Food #1461 inÃ Â Books > Parenting & Relationships > Parenting > Early Childhood #3959 inÃ Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Annabel Karmel is a bestselling author on baby and children’s food and nutrition, and her aim is to instill healthy eating habits in children to last a lifetime Ã¢â ¬â • with an emphasis on fun. She is the author of nineteen books, including First Meals and Mom and Me Cookbook, and is the mother of three children. For more information, visit www.annabelkarmel.com

This book is literally common sense and doesn’t teach you anything.

Found this book with lots of helpful information of making baby food. Providing answers to questions some run into making homemade baby food. That I learned about what consistency to provide my daughter at her various stages of baby food. From what’s helpful to have in making baby food. Answering where to feed baby, when to, what types of food, in what she could enjoy her food in. Also providing helpful ideas for finger food and of course recipes. Overall for one book provides a lot of useful information among tips in introducing, and transitioning baby food.

great guide with helpful information and great recipes.

I was impressed with the instructions plus lots of good hints about what to feed baby after weaning and how to do it.Includes instructions for making your own baby food. Attractive book which inspires the reader to "read on".

Beautiful photos, wonderful recipes. This has inspired me to make healthy food for my baby--started at 6 months, and am still going at 10 months. This book will "teach" you how to use simple ingredients to make healthy age appropriate foods.

I really appreciated the length of this book. It is a great resource without being overwhelming. It got me started on weaning my baby in a healthy and informed way. Absolutely worth buying!

is a great guide book and it teach you what to give your baby during his early months which is your most important

This book is a total waste of money. You can get similar recommendations and recipes online. Some of the advice is contrary to the American Academy of Pediatrics, for example, the book states you can start new foods 1 day apart whereas AAP recommends waiting 3-4 days.

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