

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

Gill Rapley PhD, Tracey Murkett - pdf download free book

## 130 Recipes That Will Help Your Baby Learn to Eat Solid Foods—and That the Whole Family Will Enjoy

**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 encouraging 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 meals that encourage little ones to develop at their own pace.

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"It sounds like common sense: After all, would you want to be strapped into a high chair and force-fed spoon after spoon of bland vegetables? It's surely much more exciting to be able to exercise a bit of control over your diet."  
—*The Guardian on Baby-Led Weaning*



GILL RAPLEY, PhD, a public health nurse for 30 years and a mother of three, originated the theory of baby-led weaning.  
TRACEY MURKETT, a writer and journalist, followed baby-led weaning with her daughter.

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*Baby-Led Weaning: The Essential Guide to Introducing Solid Food—and Helping Your Baby to Grow in a Healthy and Confident Way*  
*Baby-Led Weaning: Follow Your Baby's Instincts for What and How to Eat*



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