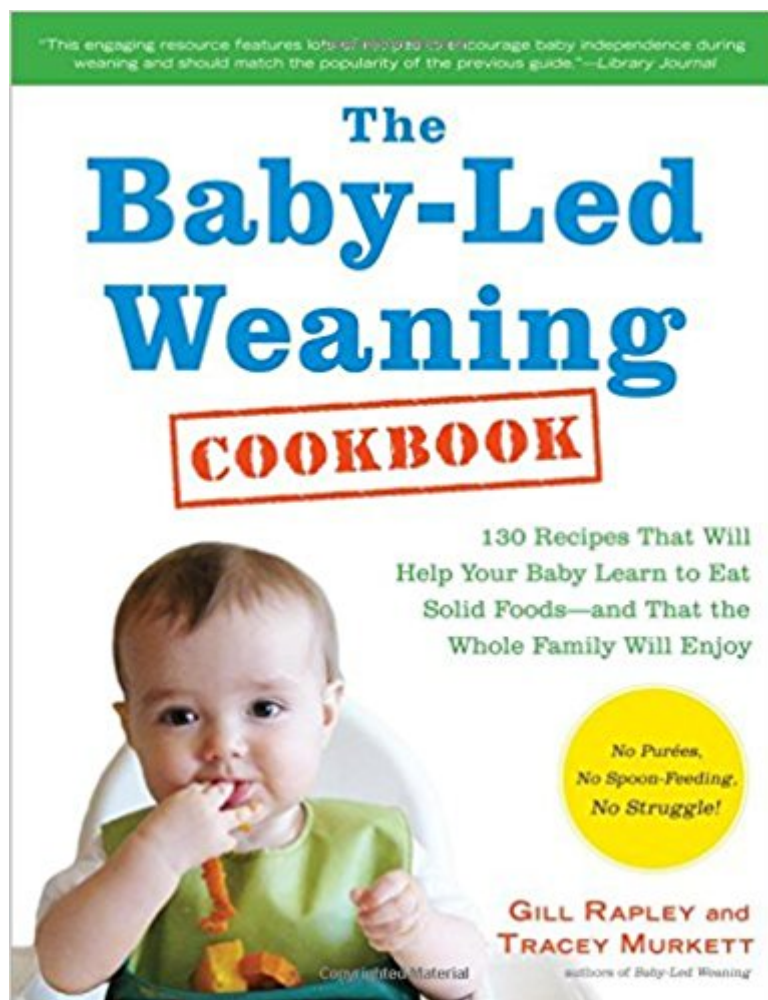


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The Baby-Led Weaning Cookbook: 130 Easy, Nutritious Recipes That Will Help Your Baby Learn To Eat (and Love!) A Variety Of Solid Foods—And That The Whole Family Will Enjoy





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

Hardcover: 192 pages

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Best Sellers Rank: #667,367 in Books (See Top 100 in Books) #114 in Books > Cookbooks, Food & Wine > Special Diet > Baby Food

Customer Reviews

This engaging resource features lots of recipes to encourage baby independence during weaning and should match the popularity of the previous guide. *Library Journal*

Gill Rapley, the pioneering champion of baby-led weaning, worked as a public health nurse for over

twenty years and has also been a midwife, lactation consultant, and voluntary breastfeeding counselor. She is currently pursuing a PhD in infant feeding. Tracey Murkett is a voluntary mother-to-mother breastfeeding helper and coauthor with Gill Rapley of Baby-Led Weaning and The Baby-Led Weaning Cookbook.

Great one! Not only for those who want to try some hard-core baby-led weaning but for all who want to cook delicious meals that all of the family can enjoy. The recipes are very well organized, easy to find and there is a lot of useful tips.

We ordered this hoping for some new and exciting ideas, but this wasn't it. Very basic recipes that you really don't need a cookbook for.

This cookbook has a lot of great recipes the whole family can enjoy to support baby's needs. Would recommend to any parents.

I LOVE this recipe book. The chicken risotto on pg 137 is absolutely delicious. I can't wait for my son to start eating with us

Wasn't impressed with the recipes. I feel some common sense and Google work just as well, if not better.

Great information for starting my daughter on solids. Good recipes to get started. Love this book! Would recommend to friends.

Love the book and all the info! Will educate myself more on blw

Most of the recipes share almost the same idea.

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