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Stress-free Weaning

By Judy More

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. Reprint. 196 x 130 mm. Language: English . Brand New Book ***** Print on Demand *****.If you re nervous about the move from bottle or breast to solids, let Judy More share her secrets with you in this step-by-step guide to everything your baby needs for a balanced diet. Following your baby s growth month by month, you ll get great, healthy recipes and meal plans along with Judy s years of expertise in helping parents move their children on to solids, from the first tastes right up to finger food. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author s many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles to give you a richer understanding of weaning. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you ve learnt and how to use it.

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