







# The Parents' Guide to Baby-Led Weaning

Welcome to an exciting stage in your baby's life: starting solid food! This will be a fun time for both you and your little one as your baby explores new tastes and gains a place at the family table. Jennifer offers expert advice on everything you need to know to practice baby-led weaning safely and confidently: why you might want to use this method, when to start, what nutrients your baby needs, how to prevent choking, how to deal with allergies and what to feed vegetarian babies. Plus, she answers a ton of real-life questions parents often have when starting baby-led weaning and provides 125 delicious family-friendly recipes. So let's get started!

Discover the benefits of baby-led weaning — from good nutrition and a decreased risk of picky eating to faster dexterity development and a healthy relationship with food.



JENNIFER HOUSE, MSc, RD, owns a private nutrition practice called First Step Nutrition, which specializes in young families. With over a dozen years of experience, she has counseled hundreds of parents. As the mother of three children, she has first-hand experience at successfully practicing baby-led weaning with her own kids.

-  **Tips for getting started, including signs of readiness for solid food.**
-  **Info on safe food shapes and sizes, progressing as your baby develops.**
-  **Strategies for dealing with food allergies and preventing picky eating.**
-  **Guidelines for modifying family meals for your baby.**

\$19.95 USA  
\$19.95 CAN

**Robert ROSE**



PRINTED IN CANADA

Visit us at [www.robertrose.ca](http://www.robertrose.ca)

Jennifer House, MSc, RD

The Parents' Guide to Baby-Led Weaning

**Robert ROSE**

# The Parents' Guide to Baby-Led Weaning

Skip the purées and go straight to solids!



With **125** Recipes

Jennifer House, MSc, RD