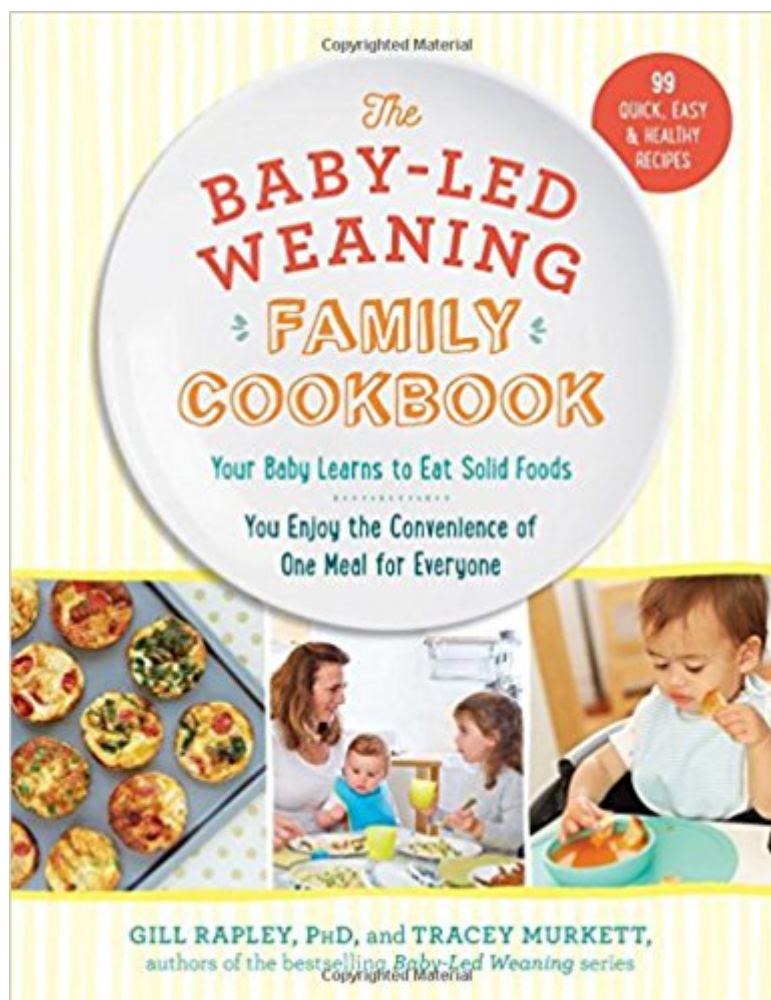




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The Baby-Led Weaning Family Cookbook: Your Baby Learns To Eat Solid Foods, You Enjoy The Convenience Of One Meal For Everyone





Synopsis

Yes, your baby can join in at family mealtimes—right from the start! Gill Rapley and Tracey Murkett are the creators of baby-led weaning (BLW), a commonsense way to introduce your baby to solid foods. There's no need to struggle with purées and spoon-feeding! Instead, Baby can explore the same foods you enjoy—how they feel, smell, and taste; how to grasp them and chew them—all at his or her own pace. The Baby-Led Weaning Family Cookbook includes 99 all-new recipes, many suited for families of 4 or more. Plus, Rapley and Murkett review all the benefits of BLW: It's convenient: The whole family eats the same meal together. No one puts Baby in the corner! It helps Baby learn: BLW builds motor skills, coordination, and confidence. It promotes lifelong health: By teaching Baby to love a variety of foods and to gauge fullness, BLW helps prevent picky eating, and overeating, later on!

Book Information

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Customer Reviews

Select Praise for Baby-Led Weaning 2011 National Parenting Publications Awards (NAPPA) Honors Award "[Rapley and Murkett] encourage parents to forgo the usual baby puree and move straight to whole foods while continuing to breastfeed primarily after a baby is six months old. Their arguments are scientifically sound, especially when it comes to muscle development in the mouth, and they address the anticipated counterarguments. . . . If mine were little again, I would definitely try this. As long as mom is nursing, who says baby can't eat lamb chops?"—Library Journal "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.

•Guardian "These recipes can help with time management. . . . Babies learn to eat while joining in the family fun with these unfussy meal ideas.

•Library Journal "I've been telling mothers for years that when babies start grabbing food from the table, they are ready for solids. I had the pleasure of observing this with my own children. What I love about this book is the joy and zest the authors put into parenting, their commonsense approach, and their faith that babies will do the right things for themselves when the time is right. Baby-led weaning is easy, and it makes parenting fun!

•Nikki Lee, RN, MS, IBCLC "Watching [baby Mirah] respond to the pleasures of ripe tomatoes, curried rice noodles, and all kinds of meats and vegetables has made mealtime a much more enjoyable experience for all three of us. We can tell she is learning through all of her senses . . . and since we are generally sharing the same meal, I am more likely to make us all something healthy.

•Aimee Pohl, babble.com "No purees, no ice cube trays, no food processor, no potato masher . . . just you and your child, eating food that you enjoy . . . [My baby] adored feeding herself while her parents ate their own meals. I can't even begin to tell you how pleasant it is to eat in a restaurant with your Baby-Led Weaning child chomping on a piece of bread and butter or a chunk of cucumber from your salad beside you.

•Aitch, founder of babyledweaning.com

Tracey Murkett is a freelance writer and journalist and a volunteer mother-to-mother breastfeeding helper. After following baby-led weaning with her own daughter, she wanted to help to spread the word about how enjoyable and stress-free mealtimes with babies and young children can be. She lives in London with her partner and their daughter.

Gill Rapley, PhD, the pioneering champion of baby-led weaning, has studied infant feeding and child development for many years. She worked as a public health nurse for more than 20 years, and has also been a midwife, lactation consultant, and breastfeeding counselor. She lives in Kent, England, with her husband and has three grown-up children, all of whom tried their best to show her that they didn't need any help with solid foods.

Disclaimer- I was NOT given a copy of this book purely to review and all opinions actually are MY OWN. I hate when people are given the product and then write an "honest" review...should have known better than to believe the 1 other review that was written. The recipes look promising and

suitable for the whole family- which is a plus. If you're looking for something to walk you through how to do BLW and answer questions and help, I would not recommend this book. There is some advice and examples, for someone like me, I have never done this before and was really looking for something more informative and more of a step by step on how to do the BLW. Anyone who's looking at this can probably agree the thought of handing your 6 month old a big piece of food to "have at it" can be very nerve wrecking. Maybe I just need a more hand held approach that this book does not offer. I would recommend this book for the recipes, or for someone who already has a handle on the BLW. If you're a beginner like me, I would recommend choosing something else with more information. There's a reason the other reviewer said it was a quick read.....there's not much to read at all!

This book has paved a way for me to confidently feed my nine month old real food without having to make "baby food". I have an older child and for her I had many fears and a lot of questions on how to start solids. This book is very simplistic in its style, but it is not a negative. It actually was perfect for a mom who may be pressed for time and needs to do a quick speed read. I was able to sit down and read this book within an hour and come back to it from time to time when I needed to. Why do I recommend this book? It offers bullet points and bright boxes that highlight important information and tidbits of advice. The book is eye catching in its illustrations and offers the right amount of knowledge and information. I quickly get glossy eyed with a book that has way too much information that I can handle. Rather this is a quick, short and sweet reference book when it comes to baby led weaning. Lastly, I enjoyed utilizing this book with my child. It gave me a confidence to "DO". Happily my now 10 month old eats at the table with us. The best thing is that I did not have to put any extra effort into making "baby food". I do like that this book includes recipes. Although I have yet to try them, I do like how this book has recipes on hand to try out. Disclaimer: I did receive a review copy of this book for the purpose of reading and writing a review. I was obligated to provide my own personal and honest opinion. All opinions are my own.

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