



Baby Self-Feeding: Solid Food Solutions to Create Lifelong, Healthy Eating Habits (Holistic Baby)

Nancy Ripton, Melanie Potock

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Let your baby take control of their eating habits and create a healthy relationship with food!

Your baby's relationship with food starts with her first bite. Set your child up for lifetime of healthy, adventurous eating by letting her lead the way.

Baby self-feeding puts your child in the driver's seat, helping to establish a positive relationship with what's on his plate. This book helps you encourage a confident and healthy eater at an early age, featuring:

Valuable self-regulatory skills

Mindful eating strategies

25 baby-tested and approved functional food recipes

Smart-start purees and healthy finger foods, and how to introduce them

Ways to avoid picky eating

Methods for avoiding food allergies and reducing choking hazards

Mess-free tips for dining out

Baby Self-Feeding offers practical solutions, step-by-step ways to transition your baby to early solid foods and smart-start purees. Homemade baby foods avoid the excess sugar, sodium, dyes, and fillers found in commercial products - plus, they're easy to make even if you are short on time. Let your baby learn to eat at her own pace with *Baby Self-Feeding*.

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understand. The actual writer made some investigation when he makes this book. That's why this book acceptable all of you.

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