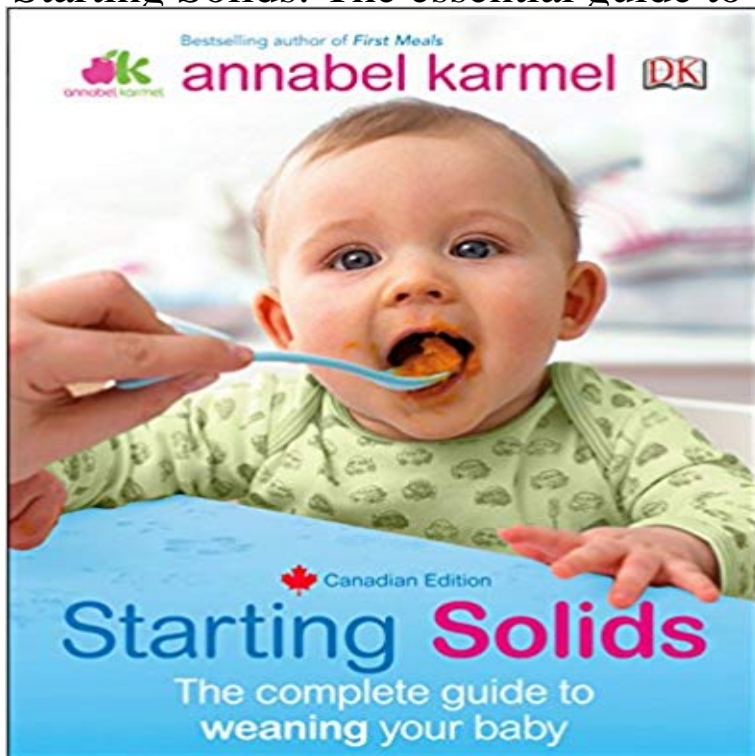


Starting Solids: The essential guide to your baby's first foods



Packed with simple, practical advice for the initial stages of weaning, this is the perfect introduction to first foods for Canadian children. Featuring first-month menu planners, Q&As, and helpful tips for parents to encourage their babies to explore new tastes and textures, this helpful resource also addresses feeding problems, such as allergies, fussy eating, weight concerns and messy eaters. Includes an updated Canadian resources section. + Features over 150 full-colour photographs + Includes 50 delicious recipes NOW IN PAPERBACK

Starting Solids takes it from the very beginning with the basic, but crucial, details, such as what type of spoon to use, advice on portion size, and the time of day to first offer solid foods. - 23 sec

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Read Starting Solids: The Introducing new tastes and textures to your child will be a fun experience. before a meal, given the chance -- feed her first with food and then with a bottle.