

The book was found

Baby Bites



Synopsis

Book by

Book Information

Hardcover

Publisher: Meadowbrook Press

Language: English

ISBN-10: 0881664952

ISBN-13: 978-0881664959

Product Dimensions: 0.7 x 7 x 9.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

Best Sellers Rank: #1,968,356 in Books (See Top 100 in Books) #233 inÂ Books > Cookbooks, Food & Wine > Special Diet > Baby Food #194161 inÂ Books > Health, Fitness & Dieting

Customer Reviews

I picked this book up on a whim because I was so frustrated by the surprising lack of information from my doctor and on the internet about what to do after those first couple solid food meals. Yes, I knew how to recognize when my son was ready to try cereal. Yes, I knew to start rice cereal first. Yes, I knew to feed him a tiny, heavily watered-down portion with my finger. Yes, I knew to wait a few days to see if he had an allergic reaction before giving him another new food. But then what? How big a portion should I be working up to? How much formula should he still be drinking, and should he still have the same intervals between meals? How do I go about adding foods to his diet, and what ones should I avoid? The choices of baby food flavors seem so limited---does that mean I shouldn't be feeding him other foods if I can puree them myself? How do I start a sippy cup? This book answers all those questions and tells you how to go about preventing allergies while encouraging your child to not be a picky eater. The "day in the diet" and week-by-week "month in the diet" sections were priceless to me, as were the groupings of foods by nutrients so you know which ones fill a nutritional void if your child strongly dislikes something else in the same category. I also liked that the book explains how to make your own food if so inclined, giving helpful tips for fixing portions that will store well. It was educational to learn that fresh produce isn't ALWAYS better because some vegetables are high in nitrates, so frozen is better while your child is very young.

[Download to continue reading...](#)

Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Vampire Bites: Vampire Paranormal Romance Boxed Set (Vampire Bites Anthology Series Book 1) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Baby Bites Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Homemade Pizza Recipes: Over 50 Recipes of Crusty, Cheesy Goodness (Snacks & Savory Bites) Wine Bites: 64 Simple Nibbles That Pair Perfectly with Wine Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) How to Get Rid of Bed Bugs: Learn How to Kill Bed Bugs and Prevent Bed Bug Bites Homemade Repellents : Ultimate Guide To Homemade Repellents And Natural After Bites Remedies: Safe Organic Repellents To Keep Away Bugs Like Ants,Mosquitoes,Roaches,Flies,Spiders ... The Grid,Travel,Aromatherapy,Camping) The Doctors Book of Home Remedies for Children: From Allergies and Animal Bites to Toothache and TV Addiction, Hundreds of Doctor-Proven Techniques Reality Bites Back: The Troubling Truth About Guilty Pleasure TV Darcy Bites: Pride and Prejudice with Fangs Western Civilization Bites Back Bitten: True Medical Stories of Bites and Stings

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)