



**The Everything Baby's First Food Book: Tasty,
Nutritious Meals and Snacks That Even the
Pickiest Child Will Love-From Birth to Age 3
(Everything (Parenting))**

Janet Mason Tarlov

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Everyone knows that good nutrition begins at home. But did you know it begins at birth? To raise a healthy child, parents must create an environment emphasizing a nutritious diet - for themselves as well as their newborn.

With easy-to-follow instructions, The Everything Baby's First Food Book demonstrates how to establish healthy eating patterns that will last a lifetime. In this thorough guide, you'll find answers to all your concerns about feeding and nutrition. From choosing between breast milk or formula to preparing your own baby foods, each stage of development is clearly explained so you can make the right choices for you and your family. Featuring professional advice and hundreds of parenting tips - from preparing nutritious meals at home to what to order when dining out - this book helps you keep your sanity as you maneuver through the maze of feeding your children.

You'll learn all about:

Breastfeeding versus bottle feeding

Identifying food allergies

Avoiding foods that might make your baby uncomfortable, or even sick

Dealing with kids who refuse to eat

Understanding nutrition labels

Feeding baby on trips or in restaurants

And much, much more!

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