



Easy Weaning: Everything you need to know about spoon feeding and baby-led weaning

Sara Patience

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Weaning your child has never been so confusing: the government says one thing, an expert says another; some people are into baby-led weaning, some swear by purées. *Easy Weaning* cuts through the noise and provides clear, realistic advice drawn from Sara's work with thousands of families as a health visitor, nutritionist and nurse. Without seeking to promote one weaning method over another, *Easy Weaning* equips you with all the information you need to confidently wean and feed your child.

- Step by step advice for all the key stages of weaning
- How to establish healthy eating patterns
- Simple, delicious recipes that all the family can enjoy
- Detailed chapters on fussy eating, allergies and intolerances, problem-solving and more!

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