

The Simple Step-by-Step Guide to Weaning Your Baby with Delicious, Easy Food for the Whole Family

Weaning your baby is an exciting and important time. It's a time to introduce your baby to new foods and flavors, and to help them develop healthy eating habits that will last a lifetime.



Baby at the Table: The Simple 3-Step Guide To Weaning Your Baby, With Delicious, Easy Food For The Whole Family by Matthew Eads

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But weaning can also be a daunting task. There's so much information out there, and it can be hard to know where to start.

That's where this guide comes in.

This guide will provide you with everything you need to know about weaning your baby, from start to finish. We'll cover:

- When to start weaning
- How to introduce new foods
- What foods to avoid
- How to make your own baby food
- How to deal with common weaning problems

We'll also provide you with over 100 delicious, easy recipes for the whole family. These recipes are all suitable for babies from 6 months old, and they're all made with fresh, healthy ingredients.

So whether you're just starting to think about weaning your baby, or you're already in the thick of it, this guide has everything you need to make the process as smooth and enjoyable as possible.

When to Start Weaning

The World Health Organization (WHO) recommends that babies be exclusively breastfed for the first 6 months of life. After 6 months, you can start to introduce solid foods.

There are a few signs that your baby may be ready to start weaning:

- They can sit up with support
- They can hold their head steady
- They show an interest in food
- They have lost the tongue-thrust reflex (the reflex that pushes food out of the mouth)

If your baby shows these signs, you can start to introduce solid foods.

How to Introduce New Foods

When you're first introducing solid foods, it's important to start with one food at a time. This will help you to identify any allergies or intolerances that your baby may have.

Start by offering your baby a small amount of food on a spoon. If they like it, you can gradually increase the amount you offer them.

It's important to be patient when you're introducing new foods. It may take your baby a few tries to get used to the taste and texture of new foods.

What Foods to Avoid

There are a few foods that you should avoid giving your baby when you're first starting to wean.

- Honey
- Cow's milk
- Nuts
- Seeds
- Shellfish
- Raw eggs
- Unpasteurized cheese

These foods can be allergenic or dangerous for babies.

How to Make Your Own Baby Food

Making your own baby food is a great way to control the ingredients and ensure that your baby is getting the nutrients they need.

There are a few different ways to make baby food:

- Pureeing cooked fruits and vegetables
- Mashing cooked fruits and vegetables
- Using a baby food maker

Once you've made baby food, you can store it in the refrigerator for up to 3 days, or in the freezer for up to 3 months.

How to Deal with Common Weaning Problems

There are a few common weaning problems that you may encounter:

- Your baby refuses to eat solid foods
- Your baby gags or vomits when they eat solid foods
- Your baby has diarrhea or constipation

If you're having any problems with weaning, it's important to talk to your doctor or a registered dietitian.

Recipes

Here are a few of the delicious, easy recipes from this guide:

- Pureed sweet potato

- Mashed avocado
- Baked apple slices
- Banana pancakes
- Chicken and vegetable soup

You can find the full recipes in the guide.

Weaning your baby is a big step, but it doesn't have to be stressful. With the right information and support, you can make the process as smooth and enjoyable as possible.

This guide will provide you with everything you need to know about weaning your baby, from start to finish. So whether you're just starting to think about weaning your baby, or you're already in the thick of it, this guide has everything you need to make the process a success.



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