



How to wean your baby: Spoon-feeding, baby-led weaning, and combining the two

Kim Davies

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Short, straightforward and judgement-free, this new guide tells you everything you need to know about weaning your baby. It covers all the options – whether you want to begin with traditional purees, go for baby-led weaning, or try a combination of the two.

Weaning is one of the key milestones in your baby's development, but there's no need for it to be a source of stress. This book will lead you through what is really a simple process: helping your baby to enjoy good, nourishing food right from the start.

How To Wean Your Baby gives you all the essential health information on the best time to start weaning, and on what to give your baby at the different stages of development. It contains sensible advice on the best ways to cook, good ideas for finger foods and snacks, and – crucially – it tells you what not to give your baby.

This handy book includes plenty of quick and easy recipes: first foods, nourishing baby-friendly dishes, and meals that the whole family can enjoy together. From butternut squash puree to cheesy vegetable mash, perfect shepherd's pie to lentil and sweet potato croquettes, sugar-free drop-scones to fruity cottage-cheese mounds, here are all the recipes you need to give your baby and toddler a healthy, satisfying introduction to solid foods.

About the author

Kim Davies is a mother and stepmother, and has written extensively about babies and toddlers as well as on other health subjects. This is her second book on weaning, and includes the tried-and-tested recipes that were favourites of her own children.

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