



Feeding Your Baby Day by Day

Fiona Wilcock

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From first tastes to family meals Feeding Your Baby Day-by-Day makes weaning simple, giving you baby food recipes for every single meal, right from the day your baby starts solids. We've done the thinking for you, with easy-to-follow, age-appropriate meal plans for every day of weaning and a visual approach that instantly shows you what food to prepare. Your baby will learn to enjoy the tastes and textures of family meals and will receive all the nutrients it needs. Packed with over 200 recipes from first purees to family meals, plus guidance on finger foods, daily meal ideas, weekly plans, nutritional information and kitchen know-how. Feeding Your Baby Day-by-Day guides you step-by-step from the moment you start combining breastfeeding or formula milk with first tastes, through to feeding your hungry preschooler. It's suitable for baby-led weaning as well as conventional weaning with purees, so whatever you've chosen for your baby, this is the book for you. Feeding Your Baby Day-by-Day is perfect for busy parents who don't want to spend hours in the kitchen- just serve up simple tasty food that's good for your baby.

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