

Super Baby Food



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This title shows how and when to start your baby on solid foods, with detailed information on the best and safest high chair, spoons, bibs, and other feeding equipment. It describes which foods to introduce to your baby during each month of his first year, with details on proper food consistency, amount, and temperature. It also shows how much you can expect your baby to eat and drink during the months of her first year with information on her digestive system at each age. It provides interesting details on your baby's physical, emotional, intellectual, and psychological development as it applies to self-feeding and mealtimes; and also shows how you can increase your baby's or toddler's self-esteem and self-confidence during mealtimes. It lets you know the age you can expect your baby to start finger feeding, drinking from a cup, eating table foods, and self-feeding with a spoon and fork. If you choose to make home-made baby food, this book will give you the knowledge and confidence to make your own healthy and safe home-made baby vegetables, fruits, cereals, meats, and other Super Baby Foods. There is extensive information on food allergies; foods considered choking hazards; foods likely to cause digestive problems in young babies; and, safety precautions to prevent burns and poisoning. This title offers thousands of money-saving and time-saving child care and kitchen tips. It tells how to make meals fun! It also offers food decorating; cute cake patterns; toddler party snacks and favours;

and, many other entertaining ideas! It includes more than 350 quick, easy, delicious, nutritious, and sometimes entertaining recipes for babies and toddlers, including imitation home-made recipes for: Pop Tarts, Grape Nuts and other breakfast cereals, instant breakfast drinks, hot chocolate mix, Shake-N-Bake, Pam, Fruit Roll-Ups, Stove-top Stuffing Mix, home-made vanilla extract, Hamburger Helper, and more. There is so much cheaper and healthier (no preservatives needed!) to make for your toddler and family! This title also provides recipes for home-made play dough, finger paints and brush paints, bubbles for blowing, and dozens more children's arts and crafts recipes and ideas. It presents ideas for Halloween, Christmas, Easter, birthday parties, and home-made toddler toys and gifts. It contains all about nutrition and your baby, including nutrient tables of all major vitamins and minerals with convenient baby-sized portions to help you be sure that your baby is getting proper nourishment. It shows how to save money by making home-made yogurt, fruit leather, and how to grow sprouts, fruit plants, and herbs in your kitchen for fun and food. There are easy, economical recipes for home-made baby accessories, such as baby wipes, diaper cream, and many more. This title includes baby-safe and environmentally-friendly recipes for household cleaning products, such as baby-safe drain cleaners, furniture polish, window cleaners, and more. These recipes cost only pennies to make and are so safe that most are actually edible! There are tips for removing crayon, spit-up, and urine stains from baby clothes, carpets, and furniture. This book is the most complete and well-researched baby food book on the market today. It is cleverly designed for the busy parent to read only a small part each month as your baby grows.

作者介绍:

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标签

评论

对新手妈妈来说很实用。有些食材国内买不到，但是从这本书开始，我不仅做宝宝食物开始考虑营养结构，做全家晚饭也开始注意营养搭配。我家小宝1岁前后很健康结实。

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书评

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