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# Baby-Led Weaning: A Simple Step By Step Guide To Baby-led Weaning



## Synopsis

Do you have concerns on baby-led weaning? This book gives you a refreshing step by step guide to baby-led weaning, this book shows parents why baby-led weaning makes perfect sense and gives you the confidence to trust your baby's natural instincts. This expert written baby-led weaning book has been put together by real parents with 20 years of experience. This baby-led weaning book will explain in detail each stage of the baby-led weaning process. We have included practical meal plans for the whole family to enjoy.

## Book Information

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## Customer Reviews

This is quite literally the worst book I have ever read. The writing was terrible. There were many grammatical and typographical errors. I could have ignored that, but the information was also incorrect and medically dangerous. The author recommends taking away breastmilk and formula from the baby at 6 months to force them to learn how to eat solids and then has meal suggestions served with a cup of milk, which is not allowed until age 1. The recipes in this book were more than my 2 year old would eat, certainly not appropriate for a baby just starting out. I borrowed this for free

on kindle, but it was a waste of time. This is not a real BLW book!

Some of the information is helpful but I found quite a lot of information contradicts other information I have read about the BLW process. For example offering low fat products and semi skimmed milk (I was led to believe full fat should be the option plus low fat is often full with sugar) and suggesting meals like breakfast should be offered on an empty stomach (milk should be offered first for nutrition and frustrations sake). I would worry if someone was taking this information for gospel with out reading any other widely regarded research.

This book was well written in an enjoyable easy to read way. The writer seems to really be genuine providing real information based on facts and her own experience as a mother. A must read for new parents.

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