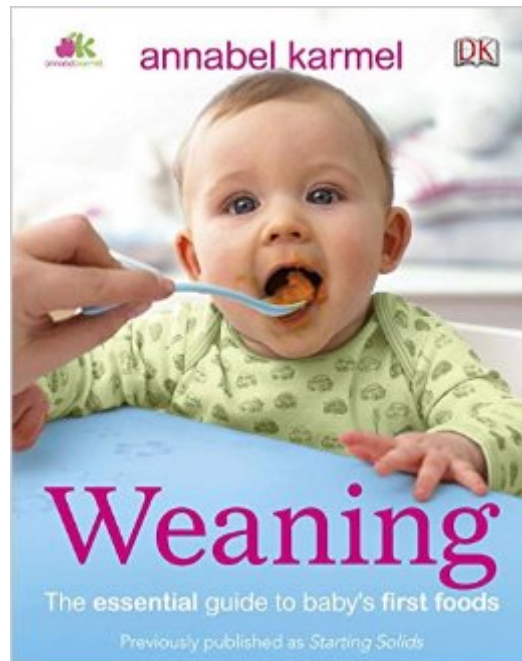


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# Weaning



## Synopsis

From the world's leading expert and bestselling author on baby and children's food and nutrition Annabel Karmel, comes the ultimate guide to starting children on solids. With basic but crucial details, such as types of spoons, portion size, and best feeding time, to larger issues, such as when to begin and allergy advice, *Weaning* provides all the fundamentals parents need and includes thirty new healthy, delicious recipes with twenty simple puree recipes to get started.

## Book Information

Paperback: 128 pages

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Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #371,271 in Books (See Top 100 in Books) #76 in [Books > Cookbooks, Food & Wine > Special Diet > Baby Food](#) #978 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #2569 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

This book is a total waste of money. You can get similar recommendations and recipes online. Some of the advice is contrary to the American Academy of Pediatrics, for example, the book states you can start new foods 1 day apart whereas AAP recommends waiting 3-4 days.

I was impressed with the instructions plus lots of good hints about what to feed baby after weaning and how to do it. Includes instructions for making your own baby food. Attractive book which inspires the reader to "read on".

Found this book with lots of helpful information of making baby food. Providing answers to questions some run into making homemade baby food. That I learned about what consistency to provide my daughter at her various stages of baby food. From what's helpful to have in making baby food. Answering where to feed baby, when to, what types of food, in what she could enjoy her food in. Also providing helpful ideas for finger food and of course recipes. Overall for one book provides a lot

of useful information among tips in introducing, and transitioning baby food.

I bought this book in the UK upon the recommendation of friends there. The recipes seemed initially overwhelming at first due to sometimes a large ingredients list that included foods such as onions and garlic which my then seven month old baby had not tried. However he is now 11 months and there is not one recipe he has not enjoyed. I use this book far more than the other baby and toddler cookbooks I own. My son would not have had as much variety in his diet had I been left to my devices. Even though some recipes may have many ingredients they are often quick to make, and I love batch-cooking food for the freezer which makes life easier in the long-run. As some reviewers have mentioned, this is a British book and so some of the recommendations vary from the American ones such as introducing a new food every day instead of 3-4 days, but I just adapted the recommendations to suit me. The book is ordered into sections for various age-groups, but I still make some of the 6-9 month recipes but just mash them or leave them whole instead of pureeing them. The book only goes up to age 12 months, but there is no reason why the meals can't be made when the kids are older or for the whole family such as meatballs, chicken & apricot curry, beef casserole, cod with butternut squash and cheese sauce, and butternut squash pasta sauce. Two American books I like are 'The Baby and Toddler Cookbook' by Karen Ansel & Charity Ferreira, and 'Baby & Toddler On The Go' by Kim Laidlaw. Both have simple recipes but lots of variety.

I am British living in New York so when it was time for my first baby to wean I went straight to Annabel Karmel - a name familiar in many British mothers' houses. Disappointed. Really conservative view point on food, what to feed and when, almost to the point of being judgmental. Written very poorly and wouldn't recommend to my friends as a good first book to read. Thank goodness that I had bought a back up book "Sage Spoonfuls" so I had something else when weaning my baby.

Beautiful photos, wonderful recipes. This has inspired me to make healthy food for my baby--started at 6 months, and am still going at 10 months. This book will "teach" you how to use simple ingredients to make healthy age appropriate foods.

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