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# The Contented Little Baby Book Of Weaning

The Contented  
Little Baby  
Book of  
Weaning

Your one-stop guide  
to contented  
feeding



Gina Ford

Britain's Bestselling Childcare Author



## Synopsis

Weaning your baby on to solid foods is one of the most important milestones during the early months of parenthood, and Gina's expert advice on weaning makes a baby's transition from milk to solid foods as straightforward as possible. Successful weaning establishes a pattern of healthy eating in babies, avoiding the pitfalls of fussy eaters restricted to a narrow diet. In this revised edition of *The Contented Little Baby Book of Weaning*, Gina includes the latest recommendations regarding breast-feeding and the introduction of solid food from the World Health Organisation and the UK Department of Health. She aims to take the worry out of weaning, guiding parents step-by-step through the process and shares the insight and expertise gained from personally helping to care for over 300 babies, and advising thousands more parents via her consultation service and website. Included in this revised edition:- The best time of day to introduce the first solid food- Which foods to introduce and at what age- Getting the balance of milk feeds and solids right- How to eliminate night feeds once solids are introduced- The importance of introducing finger foods at the right age- Extended parent-friendly feeding plans to take parents step-by-step through the different stages- Newly developed rotating meal planners for older children up to the end of the first year- Brand new questions and answers giving the most up-to-date advice to parents. *The Contented Little Baby Book of Weaning* is the definitive guide to ensuring babies eat well now and as they grow up and is as relevant and helpful to those parents who have not previously followed Gina's routines.

## Book Information

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## Customer Reviews

This book is absolutely out-of-this-world fabulous! I am a first time mother and had no idea about weaning. This book has given me the tools to help my daughter be an exceptionally good eater. It has recipes in it, a day by day guideline for the beginning stages of weaning and fantastic information. It is the only book I've needed for weaning. There was only one small piece of information that was missing from the book; after we started weaning my daughter started crying when eating, and I did some research and learned that in the very, very beginning food should be really runny, like water running off the spoon. She was just learning to get it off the spoon, and if it is too thick, their choking-mechanism kicks in. I have a very healthy daughter, who is exclusively breastfed and this book is designed to help increase your baby's iron levels as they start to diminish after 6 months (if exclusively breastfed). This is an absolute must for any parent who wants their child to eat healthy right from the start. 10/10!UPDATE July 2011: I am using this book for the third time with the weaning process. This book has continued to be one of my main cookbooks in my home with my toddlers and babies. It is completely thrashed with splashes and notes in it, but it is one of my most treasured possessions in my kitchen. It is in metric so some conversion would be needed (easy to google a conversion website though) and she usually includes the faranheit degrees for oven use.

I am the kind of person who researches everything and all the books I read have slightly different advice but this has really worked for me. The recepies are easy although as a working mum i'll admit to having improvised a little once I got throught the first couple of months, it is winter so fresh is in short supply and there is huge selection of organic fruitjars out there so unless I have time I tend to feed him earth's best fruit and earths best cereal. I haven't resorted to raiding the british store for wheetabix yet either though it's tempting! On the other hand the selection of protein meals and other stuff in jars is lousy and I'm much happier feeding him meals I make myself. He is about the least fussy eater ever at this point, I just fed him bumper mac and cheese and then filled him up on green beans, no objections what so ever! The only thing I would say is that I invested in a hand food grinder (the kind that has a sieve like thing on the bottom) on top of the electric hand held

blender for the meat dishes to get all the strings out. I didn't start feeding until 6 months (doing the exclusive breastfeeding thing) and at 8 months, I think he's a little behind Gina's schedule he still gags on lumps despite having been able to sit unassisted since 5.5 mths and we are only just starting to try finger foods, I think by 9 months we should achieve the 7-9 mth plan more or less. It's also a little out of whack with the 4 day - 1 week rule you often hear from the pediatrician so I've taken things a bit easier on introducing new foods. Without this book I would have been lost though, and it's nice to know I'm feeding him stuff I would (and have) actually eaten myself.

Wasn't really what I was looking for. I was more interested in the recipes than the ideals of feeding a baby. My friend loves the book though, so to each his own.

Genius! Wish I had read it for my first baby

Excellent reference for new mums weaning, I constantly have been referring to it. Great recipes too. You have made my job a lot easier.

I have followed the contented baby book for my first child who is now 9 and this time used her weaning book too! I would do exactly the same again

I had read Gina's 'Contented Little Baby' book and found it useful to know what to expect and how to manage a typical baby day. However, I have not stuck rigidly to the times etc as I like to keep things flexible and a bit more easy going. This book I am using in a similar way. It is helpful to understand the principles behind her suggestions, and to know reasons for not introducing food too quickly, letting the milk drop too rapidly etc. I would recommend this book, but do think it could be presented a little better - a few charts relating to age and intake would have been helpful as easy reference rather than all long hand script. One criticism is that she wastes pages and pages on a selection of extremely simple recipes (water plus courgettes / apples / sweet potato...) that are essentially all the same process - just with the differing main ingredient.

Great help for first time mooms!!!

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