



## Easy First Food: Make This Change Enjoyable for Your Child & You

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By Camilla Conti

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Easy First Food: Make This Change Enjoyable for Your Child & You, Camilla Conti, Introducing solid food can be a time of anxiety for mothers. This is a handy, easy-to-consult guide on the safest and most enjoyable way to start this adventure. The suggestions enlisted will show parents amazing ways to help their children discover tastes and flavours without conflicts, in mutual harmony and in the highest respect of mother nature & cultural traditions. The book is a helpful reference to choose healthy and appropriate foods for children containing simple suggestions about foods properties, accompanied by ideas to make meal time fun for kids. And there's many lip-smacking recipes -- tasty and easy to prepare.



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