



# **Baby Bites: Everything You Need to Know About Feeding Babies and Toddlers-Making Baby Food**

*Bridget Swinney MS RD*

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## **Baby Bites: Everything You Need to Know About Feeding Babies and Toddlers-Making Baby Food**

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This book helps parents with everything they need to know about feeding babies during the first three years--including breastfeeding, bottle-feeding, puréed baby food, teething foods, and solids--making it the most comprehensive baby nutrition book on the market. It helps parents understand their baby's nutritional needs and enables them to prepare tasty food so their baby can develop healthy eating habits. It's part nutrition book, part cookbook, and a complete godsend for parents. *Baby Bites* is an iParenting Excellent Parenting Product Award winner!

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