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A Simple Guide to Feeding Babies and Toddlers

By Yuchi Yang MS RD

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 70 pages. Dimensions: 9.2in. x 7.5in. x 0.2in. Parents are bombarded with different nutrition information from various sources every day. However, they often have difficulty finding the right information when they need it. This book offers a compact, relevant, evidence-based, and organized collection of information on infant and toddler nutrition. This book discusses: -How to Prevent Childhood Obesity -Benefits of Breastfeeding -Infant Formula -Why Eating Solid Food is More Than Providing Energy and Nutrients -Dietary Recommendations for Children at Different Developmental Stages -Building Healthy Eating Habits in Early Childhood Provides Life-Long Benefits In addition, this book provides answers to some of the most frequently asked questions that many parents have. For example, How do I introduce solid food to my baby My child is constipated. What should I do How much should my child eat How do I help my child build healthy eating habits In this book, you will find useful information that you can apply on a daily basis on how to feed your babies and toddlers. This item ships from La Vergne, TN. Paperback.



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