



Mother and Baby Expert's Non-Fussy Baby Feeding from Bump to Breast & Spoon

Alina Charcinski

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From the author of “*The Five Lows Diet for Happier, Healthier Lifestyle & Sustainable Weight Loss*”, this easy, non-fussy and stress-free guide will support you in feeding your baby from pregnancy, through breastfeeding, to baby weaning and beyond.

Highly recommended for all first-time mothers or mothers-to-be. Start early for a lifelong result!

You DON'T have to be a trained chef or a gourmet cook to feed your family!

All your questions answered:

- What to feed your bump – to grow a non-fussy eater and monitor your pregnancy weight gain for healthy baby growth, and no excess fat to lose afterwards.
- Be a Lazy Mother – Breastfeed! Discover the art of successful breastfeeding here.
- First foods – when to start and how to feed – from puree to mash and finger foods, through to sharing the family meals early on.
- Baby Jars or Baby Led weaning – which is the right way.
- What to drink – you and your baby.
- What to eat – for your baby to grow healthily and for you to shift post pregnancy pounds the easy way.
- How to establish healthy routine – for happy healthy kids, to last a lifetime.

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