



**PALEO FOR BABIES: THE ESSENTIAL GUIDE
TO THE "MUST KNOWS" BEFORE YOU
BEGIN THE BABY-LED WEANING PROCESS!
(Paleo Made Painless Book 4)**

Leslee Mathieson

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Leslee Mathieson

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This is not a recipe book. This is an instructional book with first foods and how to prepare them.

It is loaded with great pictures and information to help you decide not only if you want your baby to learn how to feed themselves but if you want them to be on a Paleo diet. Either way you will have great information.

I want you and your baby to have as little stress as possible during this important time in your baby's development and I know my book will help you.

Baby-Led weaning is the easier more natural way for your baby to be introduced to their first solid foods.

No more:

- Spending outrageous amounts of money on baby food
- Buying expensive baby food machines
- Spoon feeding
- Making, freezing and unfreezing homemade food.

What could be simpler than just feeding them what you are eating and letting them decide how much they want.

In my book you will learn:

- How you will know when your baby is ready to start the baby-led weaning process
- Why Paleo?
- The dangers of starting them off with rice cereal
- First foods
- What not to feed your baby
- The difference between gagging and choking and what to do if they choke
- And so much more

All the best for you and your family.

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