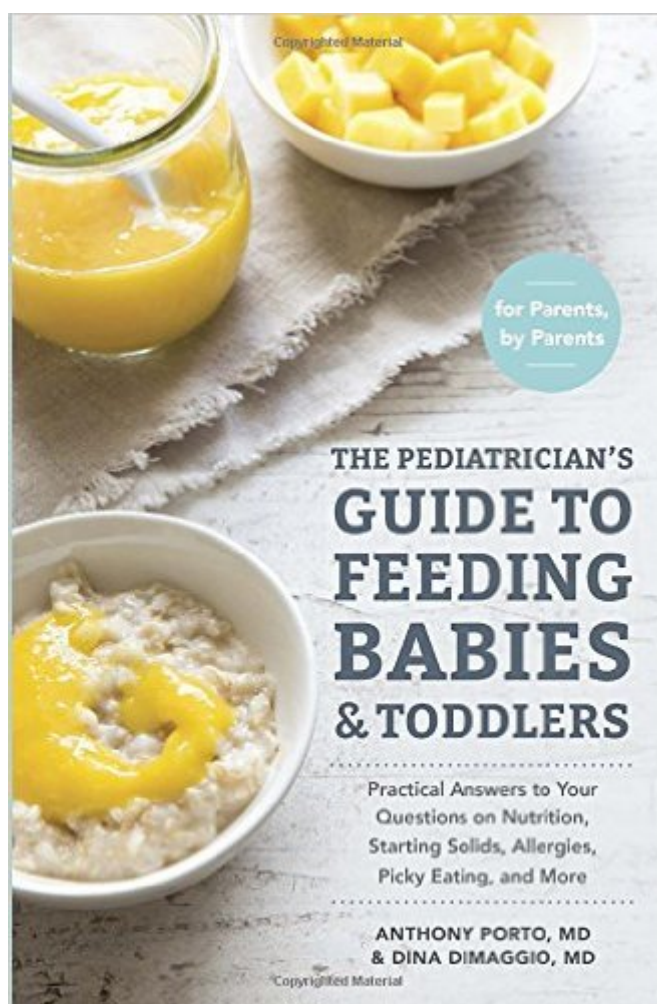


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# The Pediatrician's Guide To Feeding Babies And Toddlers: Practical Answers To Your Questions On Nutrition, Starting Solids, Allergies, Picky Eating, And More (For Parents, By Parents)





## Synopsis

A comprehensive manual for feeding babies and toddlers during the crucial first years of life, written by a team of medical experts who are also parents. *All Your Questions about Feeding, Answered*. The choices of when, how, and what to feed your baby can be overwhelming. With *The Pediatrician's Guide to Feeding Babies and Toddlers*, you have the expertise of a team of pediatric medical and nutritional experts "who also happen to be parents" in a comprehensive manual that takes the guesswork out of feeding. This first-of-its-kind guide provides practical, easy-to-follow advice to help you navigate the nutrition issues, medical conditions, and parenting concerns that accompany feeding. With recipes, parenting stories, and recommendations based on the latest pediatric guidelines, this book will allow you to approach mealtime with confidence so you can spend more time enjoying your new family.

## Book Information

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## Customer Reviews

I am a pediatrician working in an ER, and this book is what I have been looking for. Neither medical school nor life experience prepares us to answer all parents' questions, but this book does. I have searched for an honest, unbiased source for how to think about nutrition in a holistic way, that is suited for multiple conditions, and this is it.

This is a great book for information regarding feeding your child from the day he or she is born to the time when they are eating regular food. It's written in an easy question and answer format and separated into sections based on child's age. It also includes easy to understand charts of

information and recipes. I like how it also incorporates other viewpoints but tells what they do and recommend. There's so much information via Google searches that it's so convenient to have everything you need to know in this one place. I highly recommend to anyone who is pregnant since it goes over what to expect as soon as your baby is born, then you can read along as your child grows.

I am a general pediatrician and mother of 2 girls ages 4 years and 10 months. This is an excellent book with all of the evidence based feeding guidelines and advice in one place. I highly recommend this book to not only doctor parents but anyone else as well!

I easily get overwhelmed with baby books, since they pack in so much information, scrunching it tightly together, that I don't know where to start. In contrast, I loved this book's Q & A format. The colors and layout are super hip. I never would have thought to ask half the questions it answers, but I keep reading topic after topic like popcorn. The charts and recipes are really useful, and it seems to provide a balanced view of controversial topics such as when to start feeding solids.\*review copy courtesy of [bloggingforbooks.com](http://bloggingforbooks.com)\*

It's well-written and would instill much confidence in any parent worried about when/how/what to feed their little ones. I love that it includes a good number of simple recipes along with the more serious information.

As a soon-to-be parent, this book has been an awesome resource for me and my wife. I really like that the book was written by professionals, whom understand the needs of babies. I would highly recommend this book for any parent or caretaker.

If you have ever had questions about feeding a baby or toddler, then I have a book that you need to read! Since we are raising child #4, you can bet that I've asked my share of questions such as: Is he eating enough? How much milk does he need each day? How can I get my picky eater to make better choices? Which foods should I avoid? Do you think he could be allergic? The Pediatrician's Guide to Feeding Babies and Toddlers by Anthony Porto, MD, and Dina DiMaggio, MD. is a wonderful resource for parents! The subtitle says it all: "Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More" The book is divided into these categories: chapter for each developmental stage: 0 to 3 months, 4 to 6 months, 7 to 8 months, 9 to

12 months, the toddlers years, each stage contains milestones, nutritional guidelines, growth patterns, medical concerns, and healthy recipes. common medical conditions and resources nutrition tables growth monitoring allergy tips helpful websites index It's probably not a book that you will sit down to read cover to cover in a week. It's more of a resource that you will use as your baby/toddler progresses from one stage to another. You'll pick it up to read before the baby is born, as he starts eating solids, as he turns 1, as he starts to potty train... Or when you are facing a struggle related to eating, such as allergies, vomiting, growth patterns constipation.. It's a book that you will find yourself reviewing again and again, searching for answers to the nagging questions that swirl around in our heads about the thriving of our little munchkins. This is a fantastic resource that I would recommend to every caregiver. I received this book as a gift from the publisher in exchange for my honest review, and it is a book that I will recommend often. I'm even going to share my copy with my pediatrician!

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