

Baby-Led Weaning: A Step-by-Step Guide to Starting Solids Using a Safe, Practical and Natural Alternative to Spoon-Feeding Purees

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Resources

1. ***Born to Eat: Whole, Healthy Foods from Baby's First Bite***
By Wendy Jo Peterson, MS, RD and Leslie Schilling, MA, RDN, CSSD
www.borntoeatbook.com
2. Hass Avocado Board
Website about Avocados, Babies, Toddlers and Newborns
<https://www.avocadocentral.com/nutrition/nutrients-in-avocado/avocados-babies>
3. The Self-Feeding Baby: A step-by-step guide to starting solids with baby-led weaning
Five-hour self-paced digital course for Registered Dietitian Nutritionists
<https://fortifiedfam.clickfunnels.com/sales-page>

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