



Top Tips for Weaning

Gina Ford

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Weaning your baby on to solid foods is one of the most important milestones during the early months of parenthood, and Gina Ford's expert advice on weaning makes a baby's transition from milk to solid foods as straightforward as possible.

Gina's no-nonsense, quick and easy tips will help you to:

- Understand which foods to introduce and at what age
- Get the balance of milk feeds and solids right
- Eliminate night feeds once solids are introduced

This handy guide offers sensible solutions to ensure that your baby eats well - now, and as she grows up.

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