



Save Our Sleep: Feeding

Tizzie Hall

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From Australia's bestselling parenting author, this is Tizzie Hall's guide to healthy and safe feeding for babies and toddlers

From routine feeding or demand feeding, breastfeeding and bottle-feeding newborn babies through to weaning and healthy eating in toddlerhood, *Save Our Sleep Feeding* provides a wealth of new information specific to food and feeding for long-time Tizzie fans and new readers alike. The detailed advice in this book covers the following:

- how feeding and sleep interact in routines
- solutions for common behavioural and medical problems such as reflux, allergies and food refusal
- advice on when it's safe to introduce different foods and how to encourage your child to be a life-long healthy eater
- specific information and guidance for feeding twins and premature babies
- a collection of delicious tried and tested recipes

Save Our Sleep Feeding is an excellent resource for all parents of young children and the solution to having a thriving, healthy baby and calm and happy parents.

Visit Tizzie's website at www.saveoursleep.com

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