



Price R450
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Extent 312 pages (28 new pages)
Recipes over 70

Selling points

- uses current research
- expert authors combining sensory knowledge with science
- offers a weaning solution based on your baby's sensory personality
- takes the stress out of weaning
- travel + lunchbox solutions
- speedy meals
- tips on how to feed picky eaters
- quick-fix snacks
- time-saving tips
- easy to use and follow
- tips on adding maximum nutritional punch to meals
- quick, no-cook solutions
- makes real food possible

REVISED EDITION:
The science and
how to of baby-led
weaning
Critical advice for
supporting your
baby's gut biome

Weaning Sense

Stress-free weaning based on
scientific research
70+ recipes for optimal nutrition

Kath Megaw & Meg Faure

Offering a weaning solution from expert authors based on your baby's sensory personality, *Weaning Sense* demystifies weaning and, using current research, gives you an easy to use, real food solution.

Grounded firmly in science and using simple and inspiring ingredient combinations with minimal equipment and quick preparation times, the authors introduce a revolutionary way to wean babies. Includes over 50 delicious foolproof recipes.

About the authors

Kath Megaw, paediatric dietician, and Meg Faure, occupational therapist, are experienced professionals with vast clinical backgrounds in infant feeding and managing challenging babies. With seven books between them, including the best-selling *Sense* series, the authors are also experienced communicators and respected media personalities in the parenting arena. More importantly, they are two moms whose life's work is helping parents on their journey to happy, healthy family mealtimes.

