

Baby's First Foods

Baby's First Foods enables parents to monitor the introduction of solids and their baby's reactions to new foods. Designed for ease of use and divided by common foods groups, this journal ensures parents and caregivers are aware of allergens and food preferences.

Features:

- 5.5"x7.5" Journal – fits in diaper bag or purse
- Allergy/food sensitivity list
- Favourites list
- Logging sections divided by Grain, Veggie, Fruit, Protein, Dairy and Snack and includes a sample page for suggested use
- Weekly menu planner (12 weeks) to help promote variety in child's diet and for sharing mealtime information with caregivers
- Favourite recipes section
- Additional log pages for extended tracking
- Notes pages
- Contacts page for important numbers
- Easy to use and portable
- Coil bound to lay flat for easy use
- Handy for paediatrician visits
- Helpful for caregivers
- Printed on FSC Mixed Sources paper
- Printed in Canada



Retail Price: \$22.00