



# PEDS

# NUTRITION CHALLENGE



**WEANING MADE EASY**

**AUDIO FILES**

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# AUDIO FILES

Each of these are specially curated to help you on your journey to successfully weaning your little one. The goal is to get them eating wholesome and delicious meals without fuss. Please click on the words below to listen with an open mind and ask questions in the group

**CREATING A BREAST-FEEDING SCHEDULE**

**START EARLY, START SMALL AND  
WITH THE RIGHT MINDSET**

**UNDERSTANDING FEEDING LANGUAGES**

**FEEDING ALL CLASSES OF FOOD**

**YOUR NORMAL IS NOT YOUR  
CHILD'S NORMAL**

**FEEDING IS AN EXCITING EXPERIENCE**



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**@NUTRITION4KIDS\_NG**



**+234 703 936 5033**



**NUTRITION4KIDSNG@GMAIL.COM**



**WWW.NUTRITION4KIDSNG.COM**