



**WEANING MADE EASY**

**AUDIO FILES**

# All Right Reserved

No part of this publication may be reproduced, distributed, or transmitted in any form or any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Nutrition4kidsng, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.

# 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 underlined words below to listen** with an open mind and ask questions in the group



## BREASTFEEDING SCHEDULE



1

START EARLY, SMALL, AND  
WITH THE RIGHT MINDSET

2

WATER AND  
TEXTURES

3

MAPPING OUT THE FOUNDATION  
FOR FEEDING LANGUAGES

# 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 underlined words below to listen** with an open mind and ask questions in the group

4

FEEDING WITH ALL  
CLASSES OF FOOD IN MIND

5

YOUR NORMAL IS NOT  
YOUR CHILD'S NORMAL

6

FEEDING IS AN  
EXCITING ACTIVITY

# PEDS NUTRITION CHALLENGE

**POWERED BY**



**@NUTRITION4KIDS\_NG**



**+234 703 936 5033 (NGA)**

**+1 825 736 7221 (CA)**



**NUTRITION4KIDSNG@GMAIL.COM**



**WWW.NUTRITION4KIDSNG.COM (NGA)**

**CA.NUTRITION4KIDSNG.COM (CA)**