



La alimentación del bebé (Nueve Lunas/ Nine Moons) (Spanish Edition)

Paula Gandolfini

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Este libro, con un estilo ágil, cordial y claro, incluye:

- *Pautas acerca de cómo alimentarse durante el embarazo.
- *Una guía completa sobre todo lo referente a la lactancia materna: ventajas, cómo se produce la leche, de qué forma solucionar los problemas que pueden surgir mientras se está dando de mamar, cómo extraer y guardar leche, etc.
- *Consejos para alimentar al bebé con leche de fórmula.
- *Información acerca de qué son los nutrientes, por qué el niño los necesita y dónde encontrarlos.
- *Más de cien recetas divididas en etapas según los alimentos que deba ir incorporando el pequeño.
- *Cuidados y pautas de higiene a tener en cuenta cuando se elabora y se guarda comida destinada a un bebé y a un niño pequeño.



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