



Help with Five a day

Library staff will be able to help you find these books or others on the subject.

Books to help you

- *What should I feed my baby* – **Ebba Gudny Gudmundsdottir**
- *It's not about the broccoli* – **Dina Rose**
- *Lorraine Kelly's healthy children's eating plan* – **Lorraine Kelly and Carina Norris**
- *The great big veg challenge* – **Charlotte Hume**
- *Fun food for fussy little eaters* – **Smita Srivastava**
- *My first juices and smoothies* - **Amanda Cross**
- *The blissful toddler expert* - **Lisa Clegg**

Books to share:

- *What's so yummy?* - **Robie H Harris**
- *Eat your greens, Goldilocks* – **Steve Smallman**
- *I don't like salad* - **Tony Ross**
- *I will not ever never eat a tomato* - **Lauren Child**
- *Avocado baby* - **John Burningham**
- *I do not eat the colour green* - **Lynne Rickards**
- *Handa's surprise* - **Eileen Browne**

Libraries have a wide range of information on many parenting topics - most libraries have parenting collections.

Look out for other booklists for parents on topics such as healthy eating; bereavement; fitness; weaning and breastfeeding; potty training; sleeping; safety and a new sister/brother

Not a library member yet?

- Join for free at any Derbyshire Library or online via our website.
- Bring along a form of ID to a library.
- Anyone of any age can have their own ticket.
- Charges may apply for some items - children under 12 pay nothing for books.
- There's lots to discover in your library.

To find your nearest Derbyshire Library

Check our **website**: www.derbyshire.gov.uk/libraries
or **Call Derbyshire**: 01629 533190 or **text** 86555

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