

Meet Our Team

Pediatric experts, medical professionals, and most importantly, moms!



Julie Laux Founder Head Chef



Cinthia Scott, RD, CLC
Registered Dietitian
Certified Lactation Counselor



Krupa Playforth, MDBoard-Certified General Pediatrician



Manisha Relan, MD
Pediatric Allergist
Clinical Immunologist



Catherine Callahan, MS, CCC-SLP, CLC
Speech-language Pathologist
Pediatric Feeding Therapist
Certified Lactation Counselor



Courtney Nassau, CCC-SLP Infant Feeding Specialist Licensed Speech Pathologist



Our Program

6 easy steps to starting solids success

FROM DAY ONE

OPTIMIZE NUTRITION WITH BALANCED MEALS

EMBRACE DIET DIVERSITY WITH 101 FOOD CHECKLIST

INTRODUCE ALLERGENS
EARLY & OFTEN

SHARE FAMILY MEALS FROM THE START™

FOLLOW RESPONSIVE FEEDING & HUNGER CUES

We teach parents how to introduce solids to their baby while feeding their family at the same time.









Our Digital App

ALL-IN-ONE PLATFORM for Baby-led Feeding



Medical Professionals

FREE ACCESS

Parents

MONTHLY OR LIFETIME MEMBERSHIP

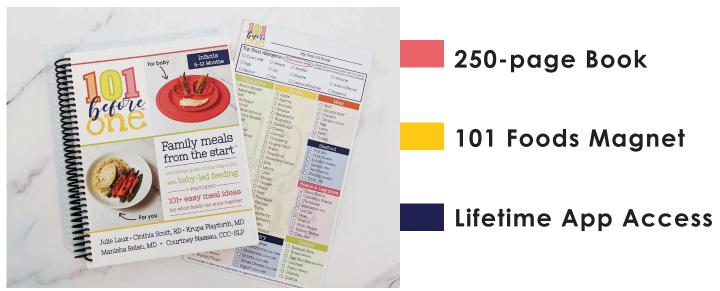
- COURSE | Watch our 90-minute Masterclass and read through our Baby-led Feeding 101 Course
- 101+ FOODS | Look up how to safety introduce foods based on baby's age and development
- **200+ RECIPES** | Browse easy family-style recipes
- 10+ GUIDES | Download & print handy reference guides
- LIVE WEBINARS | Attend on-going training sessions with our team of experts

Familymealsforbaby.com



Our Printed Book

The ULTIMATE Guide for Baby-led Feeding



Medical Professionals

50% OFF CODE: MEDPRO50

Familymealsfromthestart.com

FREE APP ACCESS

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