



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, MD

Board-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

ENCOURAGE SELF-FEEDING
FROM DAY ONE

INTRODUCE ALLERGENS
EARLY & OFTEN

OPTIMIZE NUTRITION
WITH BALANCED MEALS

SHARE FAMILY MEALS
FROM THE START™

EMBRACE DIET DIVERSITY
WITH 101 FOOD CHECKLIST

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



250-page Book

101 Foods Magnet

Lifetime App Access

- ✓ 50-page introduction on starting solids
- ✓ How to introduce 101+ foods with detailed photos
- ✓ 150+ easy family-friendly recipes

Medical Professionals

50% OFF CODE: MEDPRO50

Familymealsfromthestart.com

FREE APP ACCESS

Medical Professionals



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