

Best-Selling Digital Products for Parents!



By Jessica
ParentingGems.com

8-Weeks Toddlers Meal Planner

- 30 Quick Snack Ideas
- 15 Lunchbox Combs



Healthy Toddler Snacks

BABY SHOWER PLANNING KIT

50 GAMES - 50+ FOOD IDEAS - 8 RECIPES
CHECKLISTS - INVITATIONS - PLANNER PAGES

By parentinggems



Plan an Amazing Baby Shower



ParentingGems

ULTIMATE KIDS PARTY PLANNING KIT

- ✓ INVITATIONS & TEMPLATES
- ✓ FULL BUDGET TRACKER
- ✓ 22 PARTY GAMES
- ✓ 30+ FOOD IDEAS
- ✓ MASTER CHECKLIST

- Printable Kit
- Instant Download

Throw the Best Kids Parties

NEW COMPLETE BABIES RECIPE BUNDLE

40+ Easy Baby Recipes



Easy Recipes for **Babies**

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PARENTINGGEMS.COM

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DIGITAL GUIDE • PRINT & USE

The Busy Mum's Complete Starter Kit

FREE
GIFT!

Baby food, toddler meals, party games, baby shower preview — all free!

5 BABY RECIPES

3 TODDLER MEALS

FILLED MEAL PLANNER

5 PARTY GAMES

BABY SHOWER PREVIEW

PICKY EATER TIPS

CANVA-EDITABLE

FULLY PRINTABLE



Hi there — I'm so glad you're here!

I created parentinggems.com because I know exactly how overwhelming it feels when you're trying to figure out what to feed your baby tonight, plan a toddler's birthday party, or organise a beautiful baby shower for someone you love. I've been right there — googling at midnight, questioning every food choice, and sitting on the kitchen floor after a rejected puree.

This free starter kit gives you a taste of all four of my bestselling digital guides — baby food recipes, toddler meals, party games, a baby shower preview AND a pre-filled sample meal planner. I hope it makes at least one moment easier for you today.

Jessica x

Baby Recipes

5 smooth purees for first tastes — Stages 1 and 2

Weekly Planner

Pre-filled sample week so you can see how it works

Baby Shower

5 shower games and 5 food ideas — preview of the new kit

Toddler Meals

3 quick meals for ages 1–3 that kids actually eat

Party Games

5 timeless games every child loves at any party

Picky Eater Tips

5 evidence-based strategies that genuinely work

Sample Baby Recipes – Stages 1 and 2



STAGE 1 – 4 TO 6 MONTHS

Sweet Potato Puree

4+ months

Time: Prep 5min | Cook 20min

Ingredients

- 1 medium sweet potato, peeled and diced
- 2–4 tbsp breast milk or formula

Method

- 1 Steam for 18–20 minutes until very tender.
- 2 Blend to a silky smooth consistency.
- 3 Add milk gradually to reach a runny texture suitable for your bab

Tip: Freeze in ice-cube trays – perfect single-portion size for up to 3 months.

Pea Puree

4+ months

Time: Prep 2min | Cook 4 min

Ingredients

- 1 cup frozen peas
- 2 tbsp breast milk or formula

Method

- 1 Cook peas in boiling water for 3–4 minutes.
- 2 Drain and rinse under cold water immediately.
- 3 Blend until smooth, then sieve to remove any remaining skins.

Tip: Sieving gives a velvet-smooth result – worth the extra minute.

Apple and Cinnamon

5+ months

Time: Prep 5min | Cook 10min

Ingredients

- 2 apples, peeled and diced
- Pinch of ground cinnamon
- 2 tbsp water

Method

- 1 Simmer apples with water for 8–10 minutes until completely soft.
- 2 Blend with cinnamon until smooth.
- 3 Taste and adjust – if too thick, add a splash of cooled boiled water

Tip: Introduces warming spices early – builds a more adventurous palate.

Want 42 recipes across all 4 stages? Baby's First Foods Bundle – at [parentinggems.Shop](https://parentinggems.com)

Chicken, Sweet Potato and Apple

6+ months

Time: Prep 10 min | Cook 20 min

Contains: Poultry

Ingredients

- 1 small chicken breast
- 1 small sweet potato, peeled and diced
- 1 apple, peeled and diced
- 100ml low-salt chicken stock

Method

- 1 Steam sweet potato for 10 minutes until soft.
- 2 Poach chicken in stock for 12–15 minutes until cooked through.
- 3 Add apple to steamer for the last 5 minutes.

Tip: Use the poaching stock to thin – it adds extra flavour and nutrients.

Red Lentil and Carrot Dahl

6+ months

Time: Prep 5 min | Cook 25 min

Contains: Legumes

Ingredients

- 50g red lentils, rinsed
- 2 carrots, peeled and diced
- 1 small onion, diced
- 400ml low-salt vegetable stock
- 1/4 tsp ground cumin

Method

- 1 Soften onion in a little olive oil for 3 minutes. Add
- 2 lentils, carrot, cumin and stock.
- 3 Simmer for 20–22 minutes until lentils are completely soft.
- 4 Blend to desired consistency.

Tip: Red lentils are an excellent plant-based iron source – vital from 6 months.

Salmon and Broccoli Mash

7+ months

Time: Prep 5 min | Cook 15 min

Contains: Fish, Dairy

Ingredients

- 1 small skinless salmon fillet
- 4 broccoli florets
- 2 tbsp full-fat cream cheese
- Squeeze of fresh lemon juice

Method

- 1 Steam broccoli for 8 minutes until very tender.
- 2 Poach salmon in water for 8–10 minutes until cooked through.
- 3 Check carefully for any bones before proceeding.

Tip: Omega-3 fatty acids in salmon are critical for brain and eye development.

Spinach, Pea and Ricotta

6+ months

Time: Prep 5 min | Cook 5 min

Contains: Dairy

Ingredients

- 1 cup frozen peas
- 2 large handfuls baby spinach
- 3 tbsp full-fat ricotta

Method

- 1 Cook peas in boiling water for 3 minutes.
- 2 Add spinach and wilt for 1 minute. Drain well.
- 3 Blend with ricotta. Add a splash of water if needed.

Tip: Ricotta adds protein, calcium and a creamy texture babies love.

Weekly tip: Batch-cook grains on Sunday – use across the week for easy lunches.

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Porridge + banana	Scrambled eggs + toast	Banana pancakes + berries	Yoghurt + granola + fruit	Weetabix + warm milk	French toast + fruit	Boiled egg + toast
Snack 1	Rice cake + hummus	Cucumber + hummus	Grapes (halved)	Carrot sticks + dip	Strawberries	Smoothie	Fruit pieces
Lunch	Cheesy pasta + peas	Lentil soup + bread	Egg and avocado wrap	Cheesy omelette	Mini sandwiches	Jacket potato + beans	Roast leftovers wrap
Snack 2	Apple slices	Yoghurt + berries	Oat biscuit	Banana	Breadstick + cheese	Rice pudding	Crackers + cheese
Dinner	Chicken + sweet potato mash	Salmon fishcakes + broccoli	Turkey bolognese + pasta	Mild veggie curry + rice	Baked cod + potato + greens	Family roast chicken	Tomato lentil soup

Get 8 weekly plans, 30 snacks, and 20 lunchbox combos – 8-Week Toddler Meal Planner at parentinggems.shop

5 Classic Kids Party Games



1 1. Pass the Parcel

Ages 3+

Calm

You need: Wrapped prize with layers and music

How to play: Pass the parcel around the circle while music plays. When it stops, the holder unwraps one layer. The person who unwraps the final layer wins the prize.

Tip: Put a small sweet or sticker in every layer so every child wins something!

2 2. Musical Statues

Ages 3+

High

You need: Music only – nothing else needed

How to play: Dance freely while music plays. When it stops, everyone freezes completely still. Any movement = out. Last child standing wins.

Tip: Call the pose: 'Freeze like a T-Rex!' or 'Freeze like a ballerina!' for themed parties.

3 3. Sleeping Lions

Ages 3+

Calm

You need: Nothing needed at all

How to play: All children lie completely still on the floor. An adult tries to make them laugh without touching. Last child completely still wins.

Tip: Perfect for calming everyone down before food. Works absolutely every time.

4 4. Treasure Hunt

Ages 4+

Medium

You need: Printed clue cards and a small prize

How to play: Hide clues around the house, each leading to the next. The final clue leads to the treasure. Use picture clues for younger children.

Tip: Print clues on themed paper – pirate, fairy garden, or spy mission.

5 5. Balloon Stomp

Ages 4+

High

You need: One balloon and string per child

How to play: Tie a balloon to each child's ankle. Everyone tries to pop others' balloons while protecting their own. Last with an unpopped balloon wins.

Tip: Warning: very loud! Play outside. Have backup balloons ready.

NEW! The Baby Shower Planning Kit is now available at [parentinggems.Shop](https://parentinggems.com/shop)



Planning a baby shower?

The Baby Shower Planning Kit from parentinggems.com is your complete all-in-one guide. 50 games, 50+ food ideas, 8 make-ahead recipes, décor guide, invitation templates, gift guide, budget tracker and printable baby predictions cards. Here is a preview of 5 games and 5 food ideas:

5 BABY SHOWER GAMES — PREVIEW

Baby Bingo

Print bingo cards filled with common baby gifts. Guests mark items as gifts are opened.

Why it works: No prep after printing — perfect during gift opening.

Don't Say Baby

Each guest receives a peg on arrival. If they say “baby,” they lose their peg. The guest with the most pegs wins.

Why it works: Runs throughout the event and sparks fun interactions.

Advice Jar

Guests write their best parenting advice on slips of paper. The mum-to-be reads them later.

Why it works: A meaningful keepsake she'll treasure.

Nappy Roulette

Melt chocolate in diapers and have guests guess what type it is!

Why it works: Silly, surprising, and always gets people laughing.

How Big is the Bump?

Guests cut a piece of string to guess the size of the bump. Closest guess wins.

Why it works: Fun, interactive, and great for photos.

5 FOOD IDEAS — PREVIEW

Rainbow fruit skewers

Strawberries, oranges, pineapple, kiwi, and blueberries arranged in colorful skewers.

Mini quiches

Egg, cream, and cheese baked in mini muffin tins.
Tip: Make 1–2 days ahead.

Meringue kisses

Soft pastel meringues in pink, lilac, and white.
Tip: Can be made up to 5 days in advance

Smoked salmon pinwheels

Cream cheese and smoked salmon rolled in tortillas and sliced into bite-sized pieces.

Elderflower fizz punch

Elderflower cordial mixed with sparkling water, cucumber, and mint for a refreshing drink.

Get the FULL Baby Shower Planning Kit — 50 games, 8 recipes, 50+ food ideas and more • parentinggems.com

The Picky Eater Survival Guide

Evidence-based strategies that actually work



1 **The 15-exposure rule**

A food must be offered 10–15 times before a child accepts or truly rejects it. Each time it appears on the plate counts – even if it's untouched. Each offer is progress.

2 **Division of responsibility**

You decide what, when and where. They decide whether and how much. Remove the battle by removing the expectation entirely.

3 **No pressure, no bribing**

Pressure at meal times makes children more resistant, not less. Serve without comment, without "just one bite", without rewards. Walk away.

4 **Eat together, eat the same**

Eating the same food yourself at the same table is the single most powerful influence on what your toddler tries. No separate kids' food.

5 **Involve them in preparation**

Children eat what they help make. Any small job – washing veg, stirring, pouring, serving – creates ownership and dramatically increases acceptance.

6 **One safe food always**

Always include one food you know they'll eat alongside anything new. This removes the fear of going hungry and makes new foods feel less threatening.

The Only Parenting Planner You'll Ever Need

MEALS, BABY FOODS, SHOWERS & PARTIES — DONE FOR YOU



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The full collection is at parentinggems.shop

8 plans • 30 snacks • 20 lunchboxes

Baby's First Foods Bundle

42 recipes • 4 stages • allergen guide

\$12

8-Week Toddler Meal Planner

8 weeks meal plans • 30 snacks • 20 lunchboxes

\$15

Kids Party Planning Kit

25 games • 5 themed menus • budget

\$12

Baby Shower Planning Kit

50 games • 50+ food ideas • full budget tracker

\$15

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