



הכי קרוב לאמא

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<https://www.materna.co.il/6-12-months/article/baby-nutrition-from-9-months> [1]

\_ [2] \_ [3] \_ [4] \_ [5]



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 ?????? ?????????: ?????????? ?? ?????????? ?????????? ?????? ???, ?????, ??????, ???, ????"? ??????. ?????? ??????  
 ?????? ??? ??????, ??????, ???, ??????, ?????????? ??? ??????, ?????????? ??? ?????? ??????????, ??????????  
 ??????, ?????????? ?? ??? ?????????? ?????????? ?????????? ??????.

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- ?????????? ?? ?????????? ?????? ??? ?????, ?????????? ?? ?????? ?????? ?????????? ?????????? ??????????  
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- ??? ?? ?????????? - ?????? ?? ?????? ?????? ?????????? ??????????, ?????? ?? ?????????? ?? ??????  
 ?????? ?????? ????. ?????? ?????????? ?????? ?????? ??? ?????????? – ?????, ??????, ??? ??????  
 ?????? ?? ??? ?????????? ?????? ?? ?????????? ?????????? ??????.
- ?????? ?????? ?? ?????, ??? ?????????? ?????, ?????? ?????? ?????? ?????????? ?????????, ??? ??????????  
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- ??? ?????? ?????????? ?????? ?????????? ??????, ??? ?????? ??? ?????????????? ??????.
- ?????? ?????? ??? ??? ?????? ?????? ??????, ?????????? ?????? ??????????. ?? ?????????? ??  
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- ??? ?????? ?????? – ?????? ???.
- ?? ??? 5 - ?????????? ?????????? ?????????? ?????? ?????: ??????????, ??? ??, ?????????, ??????????  
 ?????????, ??????????, ?????????????, ?????? ?? ?????? ??? ?????? ?????? ??? ????. ?? ??? 5 ??  
 ?????? ?????? ?????????? ?????? ?? ?????????? ??????????(??????). ??? ??? ??? ?? ??? ??? ???  
 – ?????? ?????????? ?????? ?? ??????/????? ?? ?????? ?????, ??? ?????? ?????? ?????? ?????  
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