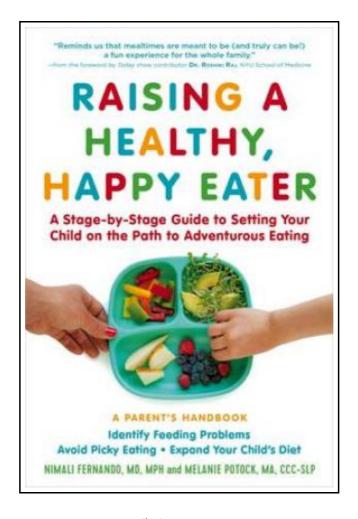
Raising a Healthy, Happy Eater: A Parent's Handbook



Filesize: 1.52 MB

Reviews

This pdf might be well worth a study, and a lot better than other. It really is simplistic but excitement inside the fifty percent in the book. Its been printed in an exceedingly straightforward way which is just after i finished reading this ebook through which really modified me, modify the way i believe. (Derick Brekke)

RAISING A HEALTHY, HAPPY EATER: A PARENT'S HANDBOOK



Paperback. Book Condition: New. Not Signed; Description: How to Raise a Healthy, Adventurous Eater (in a Chicken-Nugget World). Paediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on his or her food journey for good health, motor skills, and even cognitive and emotional development. In Raising a Healthy, Happy Eater they explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes, with: Advice tailored to every stage from new-born through school-age; Real-life stories of parents and kids they have helped; Wisdom from cultures across the globe on how to feed kids; Helpful insights on the sensory system, difficult mealtime behaviours, and everything from baby-led weaning to Sippy cups; And seven "passport stamps" for good parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful. Raising a Healthy, Happy Eater shows the way to lead your baby, toddler, or young child on the path to adventurous eating. Grab your passport and go. book.

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