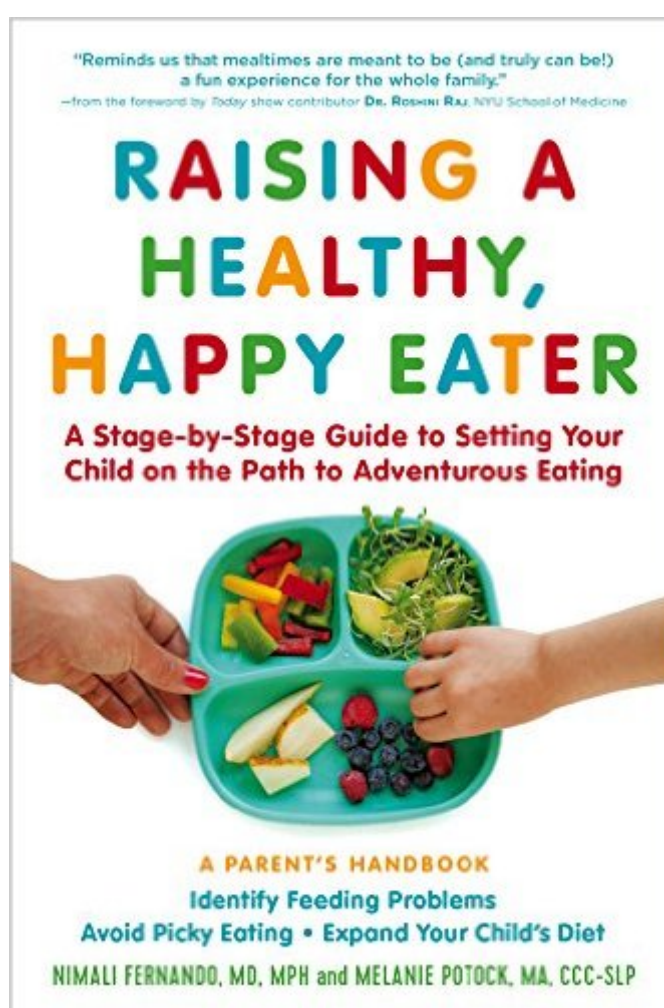


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# Raising A Healthy, Happy Eater: A Parent's Handbook: A Stage-by-Stage Guide To Setting Your Child On The Path To Adventurous Eating



## Synopsis

How to Raise a Healthy, Adventurous Eater (in a Chicken-Nugget World) Pediatrician 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 journeyâ”for good health, motor skills, and even cognitive and emotional development. In Raising a Healthy, Happy Eater they explain how to expand your familyâ™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 newborn 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 behaviors, and everything from baby-led weaning to sippy cups And seven âœpassport stampsâ • 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 Information

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## Customer Reviews

As a feeding therapist, I cannot recommend this book enough. It is a resource for new or seasoned therapists who are just embarking in feeding therapy. It is for parents who are looking for answers to mealtime meltdowns and guidance. It guides parents (with just enough hand holding) down the road of understanding how to get their children eating on the right track and truly becoming adventurous eaters. This book is for parents with picky eaters, parents with children already receiving therapy, and parents who just want to understand the best way to introduce new foods. The text is easy to

follow, and gives a step by step road map (broken up by stages) of how to get where you want to be. I am so thankful that a book like this exists! Thank you to Dr. Fernando and Mrs. Potock for all your hard work!

Full disclosure: I'm the co-author of this book! I wanted to share that a significant portion of sales of Raising a Healthy Happy Eater goes toward The Doctor Yum Project, a non-profit that teaches preschoolers how to enjoy healthy vegetables and fruits and become food explorers, as described in our book. So, when you buy Raising a Healthy Happy Eater, you not only get tips from experts in feeding, you help educate a child and raise another healthy happy eater! Thank you for taking the time to learn about feeding - it's a developmental process just like learning to crawl, walk and run. Knowing the steps to adventurous eating will help your children avoid the chicken nugget rut that is all too common today. So, here's to adventurous eating! Here's to Parenting in the Kitchen!

This book is such a valuable resource for parents and feeding therapists alike. I was so impressed that I bought copies for all of my patient's parents. My only "complaint" is that I wish the book was available in Spanish also! So many of my Spanish speaking families would benefit from this informative and practical resource. I will be sharing this book with colleagues and the families that I work with for years to come!

A great book for anyone, even grandmothers like me. Fast foods and chicken nuggets seem to be all many kids will eat. This book gives the background needed to understand the basics of child development as it pertains to feeding. Then it provides wonderfully easy and fun ideas to improve the dietary habits of kids. All kids! You won't be disappointed. There is so much to learn.

This is a comprehensive and outstanding guide to helping a parent like myself with feeding my kids. I really enjoyed the psychology around how to parent. It was interesting to learn about the feeding practices around the world and how they compare to what goes on in my town. I also enjoyed the real life examples of kids learning to eat. These authors are legit. I learned so much from this book and think many parents of young ones like myself would benefit from reading it.

We own Urban Thai restaurant in Boulder County , CO.. and Melanie wrote our kids menu... the parents and our customer kids so much enjoy the eating tips from the book and learning how textures, tastes and content make so much difference thanks Mel

It was such an honor to meet Melanie at a conference and read her book. It is wonderful and rare for a speech pathologist to incorporate healthy eating into feeding therapy and Melanie does it beautifully. The tips outlined in this book are wonderful for feeding therapists, parents, and anyone in the health care field working with children. It is wonderful to see Dr. Nimali's collaboration. I enjoyed the parenting principles, recipes, and coach Mel's tips throughout the book. I highly recommend this book!

This is fabulous resource for parents, therapists, and any caregiver of young children! Picky eating is so common, but so often mismanaged. This book offers wonderful insights and tools to immediately use with your picky eater. Melanie Potock is not only a wonderful therapist, speaker, and writer, but is passionate and compassionate with eaters at all interest levels!

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