



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

By FERNANDO NIMALI

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 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 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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Reviews

This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).

-- **Abe Reichel DDS**

I just started reading this article ebook. It really is writter in easy phrases and not difficult to understand. I am just very happy to tell you that here is the very best pdf we have read during my individual life and might be he very best ebook for actually.

-- **Camren Kuvalis**