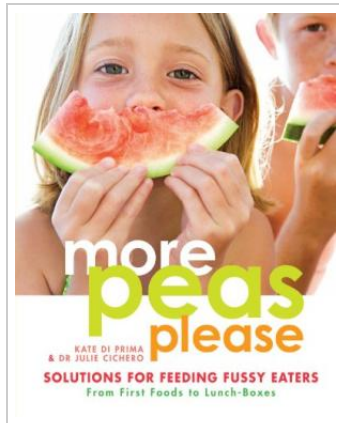




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More Peas Please: Solutions for Feeding Fussy Eaters (Paperback)

By Kate Di Prima, Julie Cichero

Allen Unwin, Australia, 2010. Paperback. Condition: New. Language: English . Brand New Book. Do you dream of enjoyable mealtimes with children who are adventurous about trying a variety of foods? If so, More Peas Please is the perfect book for you, providing a wealth of nutritious solutions for fussy eaters. The number of children with feeding problems, food fussiness or food group avoidance who are seeing health professionals has doubled in the last two years. Apart from a dislike of certain foods and an aversion to trying new things, some children refuse to eat lumpy or slimy foods. Not many people know there s a strong relationship between learning to chew and swallow and learning to talk. Likewise, there is a little-known connection between poor appetite, fussy eating habits and constipation. More Peas Please is the first book in Australia to provide an across-the-board guide to helping children learn to happily eat a variety of healthy foods. It examines the importance of feeding kids a balanced diet, helping them overcome negative responses to certain foods, and the significance of early feeding experiences on speech development. It also contains loads of easy, fuss-free recipes for delicious, family-friendly meals. Kate Di Prima...



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