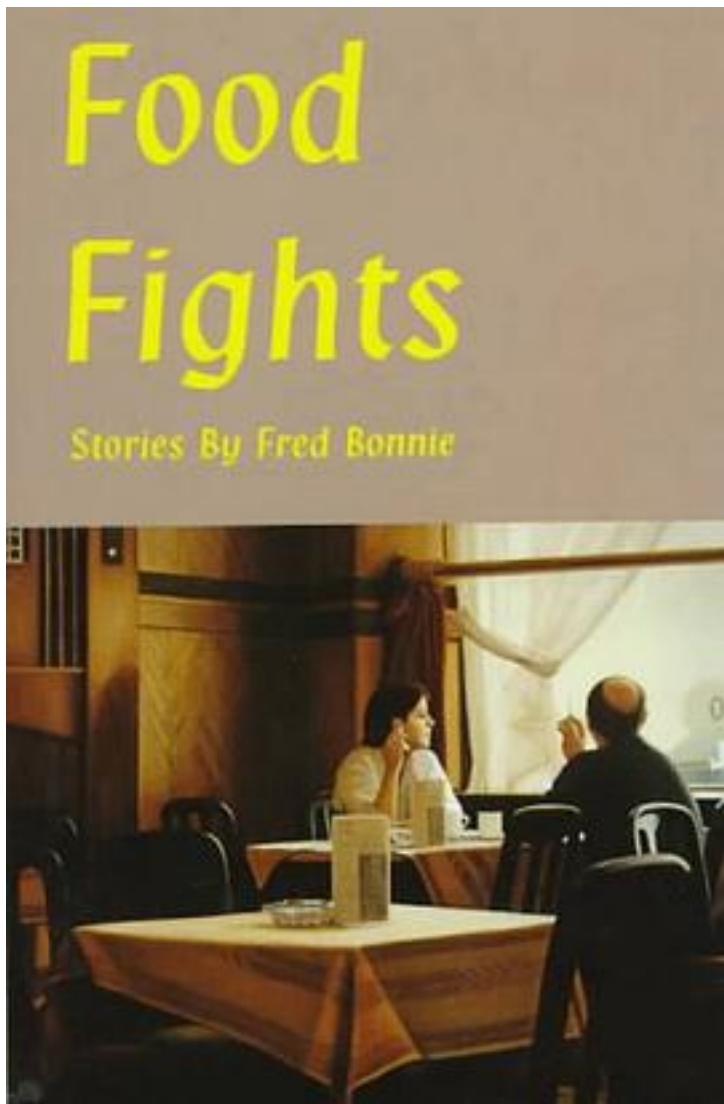


# Food Fights



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Restore "peas and harmony" to the dining table with this comprehensive guide to building successful childhood feeding strategies. Focus is placed on the food-fight challenges parents are most likely to face--such as starting babies on solid foods, dealing with picky eaters, and making healthy food choices in child-care settings and restaurants--and a wide range of winning solutions are offered. More than a simple nutrition guide, this book also addresses the behavior and development issues surrounding the feeding challenges of early childhood. With a family-sized serving of useful advice and a generous helping of humor, this resource offers invaluable food for thought and real world advice that parents can use every day.

作者介绍:

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