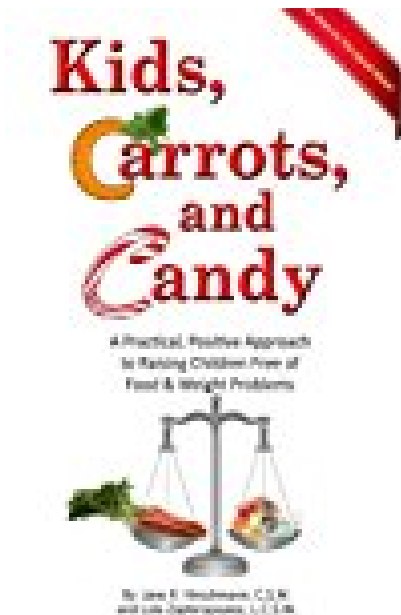


Kids Carrots and Candy A Practical Positive Approach to Raising Children Free of Food and Weight Problems



BOOK DETAILS

- Author : Jane R. Hirschmann
- Pages : 218 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1479381950

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BOOK SYNOPSIS

In this comprehensive parent-child guide to eating behaviors (from infancy through adolescence) the authors show parents how to put an end to the eating battles which confront them on a daily basis. This book will help parent and child put food back into its rightful place. Previously published as Preventing Childhood Eating Problems (featured in McCalls, Parenting Magazine, Sesame Street Magazine, Newsweek, New York Times, CNN, The Oprah Show, and many other T.V. and radio shows), Kids, Carrots, and Candy has a new Introduction that addresses society's current obsession with the "obesity crisis," as well as updated language throughout the book. This insightful book offers a common-sense, relaxed approach to healthy eating based on the method of self-demand feeding. Contrary to the belief that children must be forced to eat what's good for them, to clean their plates, and to avoid all sweets, Kids, Carrots, and Candy presents evidence that children will naturally self-regulate their eating if rigid rules are not imposed upon them. By trusting natural hunger cycles and letting children choose when, what, and how much they eat, food becomes demystified, and a lifetime of fears, fights, and anxieties around food, weight, and diet are eliminated.

KIDS CARROTS AND CANDY A PRACTICAL POSITIVE APPROACH TO RAISING CHILDREN FREE OF FOOD AND WEIGHT PROBLEMS

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