



## Getting the Little Blighters to Eat

By Claire Potter

Paperback. Book Condition: New. Not Signed; Does your child decide they don't like a food before they've even tried it? Do they say 'Yuk' to foods they used to eat happily? Would they live off chips and ice-cream and never touch a vegetable again if given the chance? Are mealtimes driving you nuts? It's easy to think that children are naturally just fussy eaters. Yet, without realizing it, we are actually creating many of the problems ourselves with the things we do and say to our children around food. The right thing to do isn't always as obvious or as instinctive as you might think. Common habits like using pudding as a reward for eating the main course, or pestering them to eat their vegetables, actually encourage - not discourage - fussy eating! This little book tells you how to start again. It won't give you complicated child-friendly recipes or clever ways to sneak vegetables into meals - just easy-to-follow, easy-to-remember rules to help re-programme your child into a happy, healthy, adventurous eater. Recommended by a leading NHS Specialist Paediatric Dietician. book.



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