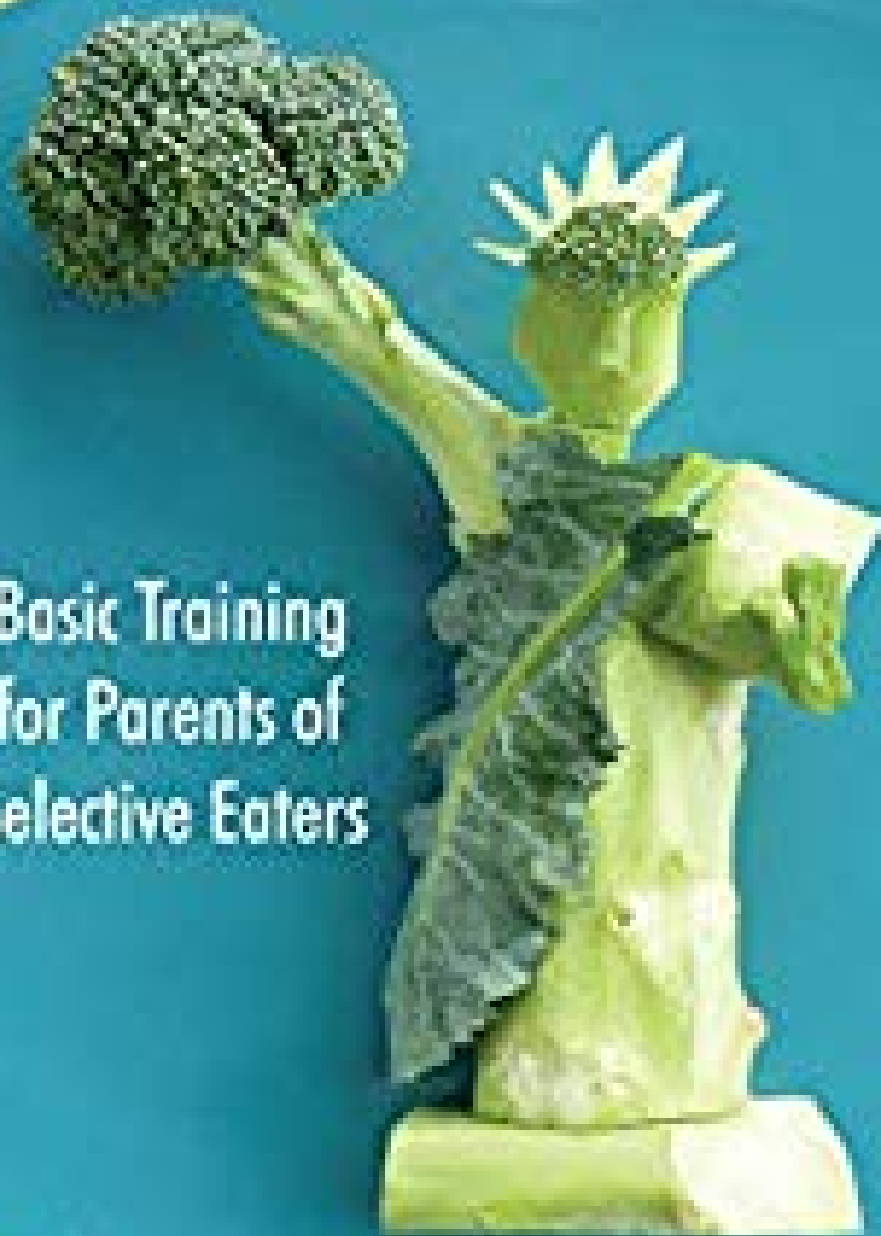


Broccoli Boot Camp

Basic Training
for Parents of
Selective Eaters



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Keith E Williams and

Broccoli Boot Camp: Basic Training for Parents of Selective Eaters (Woodbine House)



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Broccoli Boot Camp is a comprehensive instruction for parents of kids who all are selective or picky eaters, and may be used with kids with or without particular requirements (e.g., autism or Straight down syndrome). The reserve also contains forms to track data, incentives, and meals, and a behavior contract to use with older children. Real-life, compelling case research and abundant research results support the authors' information on how to get over a child's selective eating. The book describes methods to increase compliance, things to consider whenever choosing an intervention, and strategies to shape behavior. Parents can choose the intervention which is most effective for their family's conditions. Finally, five intervention plans are offered step-by-step procedures, adjustments, and tips on maximizing success. The publication starts with the easy premise that when children are encouraged to taste and consume tiny portions of fresh foods, repeatedly and with lessening level of resistance, they figure out how to accept and revel in the foods as part of their regular diets. Broccoli TRAINING gives parents the tools they have to promote healthy eating for their child along with enhance the family mealtime experience!



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