

"Reminds us that mealtimes are meant to be (and truly can be!)  
a fun experience for the whole family."

—from the foreword by *Toddy Show* contributor Dr. Reese Hall, NYU School of Medicine

# RAISING A HEALTHY, HAPPY EATER

**A Stage-by-Stage Guide to Setting Your  
Child on the Path to Adventurous Eating**



**A PARENT'S HANDBOOK**

**Identify Feeding Problems**

**Avoid Picky Eating • Expand Your Child's Diet**

**NIMALI FERNANDO, MD, MPH and MELANIE POTOCK, MA, CCC-SLP**

Nimali Fernando MD MPH and

## Raising a Healthy, Happy Eater: A Parent's Handbook: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating



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for good health, motor skills, and also cognitive and psychological development. Yum and Mentor Mel) know the significance of giving your child the right start on their food trip—How exactly to Raise a wholesome, Adventurous Eater (in a Chicken-Nugget Globe) Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. In Raising a wholesome, Happy Eater they describe how to expand your family'Raising a wholesome, Happy Eater displays the best way to lead your baby, toddler, or young child on the path to adventurous consuming.passport stamps" once and for all parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful.s food horizons, avoid the picky eater trap, identify special feeding requirements, and put pleasure back into mealtimes, with:Assistance tailored to every stage from newborn through school-ageReal-life stories of parents and kids they will have helpedWisdom from cultures across the globe on how to feed kidsHelpful insights on the sensory program, difficult mealtime behaviors, and from baby-led weaning to sippy cupsAnd seven " Grab your passport and proceed!



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Great reference for families and therapists Melanie is terrific! As a Speech Pathologist and Feeding therapist I would highly recommend this book. I often refer families to this book since the information is definitely both extensive yet easy plenty of for home bring over. I'm eagerly anticipating Melanie's next publication Adventures in Veggeland. Great book This book is amazing. As a pediatrician and a mother of two I've found this book very helpful for tips about introducing healthy diet plan at different levels and age groups. There are some really great dishes and incredibly good practical tips. I recommend and actually enjoyed this book!" As a Pediatrician, I really appreciated the healthy focus . I'm a speech pathologist and have worked with kids who have delays or sensitivities related to feeding.  
If I find it for really cheap, I'll purchase Melanie Potock's Happy Mealtimes with Happy Kids aswell. This is my go to recommendation for families who need help, or for those who just want to start out on the proper foot.. Helpful Wish it had even more examples on how best to begin.... He was keeping a glass properly at a 12 months old. I followed along the video clips the authors provided on their website (I paid for them), and found them actually useful. My 1. Some recipe ideas as well!.good publication but I love a vague strategy that I possibly could follow Awesome strategies for all children I like this publication. Nimali Fernando and Melanie Potock are two mothers and health professionals that understood the significance of infant and kid nutrition on their children's wholistic development and wrote a book on details they gathered. I purchased the infant Dipper spoon and bowl set they suggest, and my boy learned how exactly to eat from them quickly. My child did not have feeding problems. This book is wonderful for everyone, even though most of the reviews here seem to be from those who deal with issues. Great resource I have shared this title with many parents, individuals, and colleagues! I purchased the Kuhn Rikon serrated toddler knives they recommend, and my 3 year old wants to help slice vegetables with it. We also bought the reserve Baby Self Feeding as well, since I really enjoyed this one. Mostly just theorizes on why small children are picky. Game Changer Love this book. Easy to follow with helpful info. The authors are highly knowledgeable and have a great deal of practical advice to offer for each stage of feeding. I am aware it's more of a summary of her other books. Regret this purchase Not clear if you ask me why this publication is so highly rated. Great Info Love it! <https://www.> Also seems very "problem-oriented," i. This book explores how to raise adventurous eaters and informs the reader the elements that impact your son or daughter as they build their consuming skills. the authors seem to think that lots of normal toddler behavior is usually a "feeding problem. Highly recommend this book Recommend this book. Makes a great baby shower gift, too!. As a Pediatrician, I really appreciated the healthy focus of Dr. Fernando and this specific advice. No quality recipes or meal plans. Not very helpful Not a very good publication when you are trying to make for a school age child. Lots of advice with the newborn in mind. I take advantage of her information in my office at all times. Focuses primarily on techniques, but nothing new or innovative for post millennial children. Old fashioned. Also, they offer a helpful index in the back of the publication if you want to examine about topics which are more pertinent. I would have enjoyed this with my older children.e. Parents of infants and kids up to age 6 will find the book helpful. For all those with children old may find a few tid-bits but just be aware that the majority of the focus is around younger children and their advancement. The book is very readable, and includes a wealth of information. Wholistic view of infant and child eating habits and development Dr. He ate and drank correctly and without too much of a mess at a much youthful age group than my others. Super reference for expected development! 5 yr.. I was wishing this book would give some good suggestions on how to encourage her to try and eat foods that are healthy. After scanning this book, Personally i think that the only real good details

that was helpful in that respect was to play with different textures. I am still working with her, to no get. Offers hardly any useful here is how to really encourage healthy eating.!! Insightful book! Amazing amazing amazing book! Great read Fantastic information in a great audio book Perfect for starting solids! Great book!com/Baby-Self-Feeding-Solutions-Introducing-Lifelong/dp/1592337228/ref=cm\_cr\_arp\_d\_product\_sims?amazon. The title is very misleading My two-year previous granddaughter is an extremely picky eater. old discovered to drink from a straw in a glass at about 8 weeks.as a parent and a clinician!



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