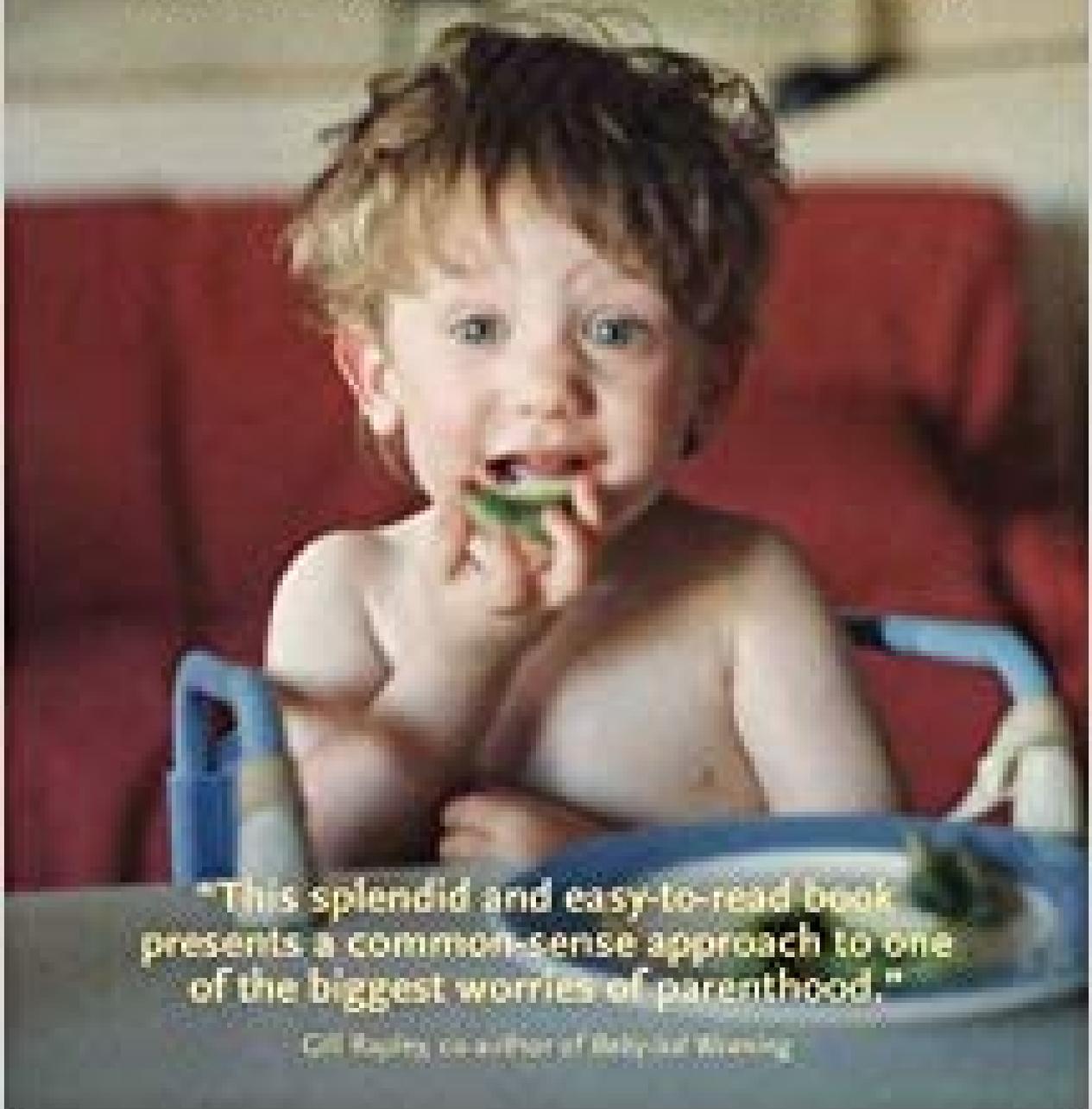


Carlos González

# My Child Won't Eat!

how to enjoy mealtimes without worry



"This splendid and easy-to-read book presents a common-sense approach to one of the biggest worries of parenthood."

*— Gill Epstein, co-author of *Behavioral Wrecking**

Carlos Gonzalez

## My Child Won't Eat!: How to Enjoy Mealtimes Without Worry



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s calorific needs. He discusses how eating problems start, how they can be avoided and contains mothers' Carlos González models those fears to rest simply because he explores the reasons why a child refuses meals, the pitfalls of development charts, and the techniques growth and activity have an effect on a kid'Parents everywhere get worried when their baby or toddler doesn't appear to eat as much as they think he should. stories of the anguish they have gone through in trying to get their children to eat.



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I found the information on growth charts useful. She likes the taste however, not the texture. I was looking more for detailed information on avoiding iron insufficiency with breastfeeding, since many scientific studies say this is an issue, but it was barely mentioned in the publication (the author just states that babies know what they need and they're probably fine). It certainly helped me gain some perspective! After reading several pages I relaxed at mealtimes and my son started eating within several meals. I was informed to night wean because he previously gained less than a pound between 9 and 12 months. We have a follow up with his dr in a few days and I am ready to stand my ground about his urge for food or lack there of. Could be summed up within a paragraph This book basically says "don't worry if your child won't eat, and don't force them to eat" again and again and over again. I wish I possibly could observe dr Gonzalez as my son's pediatrician. Up to now im disappointed that the reserve isnt saying anything new or different Up to now im disappointed that the publication isnt saying anything fresh or different.. Just, well, read it. maybe my objectives were set too much.. on the books condition there have been water marks through the entire book. Great & Five Stars I like it! I'd recommend to any parent, whether they're currently worried or not really, since our culture pushes a particular rigidity about eating it doesn't mesh well with the innate understandings of toddlers.. The message is pretty simple but sometimes you will need a whole book to help the message really complete to you. I have recommended it to many of my mom friends and have lent it out aswell. Wish I would have read it right before my child started solids though rather than at 18 months. A must read for first-time parents who constantly be worried about how much their child is supposed to consume! A very good reference for parents who wish to follow the baby led weaning philosophy. Very comprehensive approximately the true child development and just why children . I personally get back to it whenever I feel stressed out about my baby not wanting to eat as much as I expect her to. Worth reading. Definitely made me experience less stressed approximately my kid's eating habits--and those weren't even that awful... It's a good antidote to the socially imposed obligations to panic. Book emphasizes that children ought to be trusted to self regulate how much to eat and what to eat... I've tried everything to obtain her to like and revel in solids. I believe it must be cheaper for such a fast read. But the contents were still legible. helpful Book I have a one year old exclusive breasteeder. Very comprehensive on the subject of the true child development and why children want less food as they go throught their initial 2 years of existence. Made me less worrisome. If you want someone to let you know that until it sinks in, this publication is for you. This book was an extremely fast read but, did help me a whole lot. She puts meals in her mouth after that spits it out. Must read for moms! Incredibly useful advice that every parent should read I read this book at the same time when my baby was only four . 5 months old but I was already experiencing issues with feeding. Healthcare professionals suggested to space out the feeding, feed only on one breast at the same time, and do breasts compressions through the feeds. I was puzzled.. why was everyone recommending demand feeding and feeding on both breasts from thr start only to switch 180 degrees? This book helped me understand the rationale behind demand feeding, become less afraid of the development curves and variations in percentiles, and has givenme confidence to accomplish what my maternal instincts have been saying all along. I am getting excited about starting solids in per month time, I think both baby and I will enjoy a child-led approach suggested in the reserve! Shorter and more enjoyable meals Excellent read for any parent fighting their kid's meals. Informative and humorous Dr Gonzalez's perspective is refreshing. The message is pretty simple but sometimes you need a whole book to . For babies The book is an excellent resource but it is for babies. It isn't written in a scientific method, but a simple way, so no one misses the key

points. But if I had babies it really is a great book! Amusing and quite enlightening Describes in an easy and understandable way, all our misconceptions around children and eating manners. I've a 6 year old and many concepts do not apply anymore.



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