

How to Feed Your Kids

Four Steps to Raising
Healthy Eaters



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It's something we need to do each day. We wish them to be healthful and content. A big section of our caretaking revolves around feeding them. As parents, we all wish to accomplish what's best for our kids. And of course, we want to perform it well! This book offers a common-sense approach and a philosophy that may guide you as you make choices about feeding your kids. With a simple Four Step approach, you will be able to:

- Stop worrying about all the items you imagine you'
- Provide your kids the gift of a lifetime: a wholesome relationship with food. But how? Feel influenced and empowered as a parent.

re doing wrong. Begin enjoying mealtimes with your kids.



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I've sent copies to all or any my daughters-in-law who struggle with picky eaters. This book was a fast read, with plenty of common sense, but useful advice for how to get your kids eating a nutritious diet. My son is 9, and I wish I had read this earlier! Even so, Ms. Leccisi I like the fact that the publication is well written, and that the author is encouraging--not judgmental. Some of it we currently knew.. One example is preparing a different meal from what you're eating every evening. Leccisi's words could be a friend in your house, helping you shift your mindset in assisting your children adopt healthy eating habits. Leccisi gives helpful tips for parents with children of any age.. How to Feed YOUR CHILDREN is a step-by-step guideline to . Helpful book "How to Feed YOUR CHILDREN" is a wonderful, concise book that's easy to follow.. After reading this little gem of a book I am sooo inspired to create a healthy eating environment for my child...and for ourselves. While food is the centerpiece, the preparation, selection, setting, and emotions involved in feeding children who may "picky eaters" is a real challenge for busy parents. You will have to read the rest to find out why that can result in problems further later on, and how you can fix the issue. Katja's book arrived at a perfect time in our family Katja's book attained a perfect amount of time in our family ! Fast and simple read, great for any parent with a "busy schedule" . This book supplies the secret elements for healthful nourishment beyond just what you eat, but the way you eat. We started letting the youngsters play with their tablet before supper and we'd to let our toddler watch television, while mommy ready supper. Then, when we wanted to turn off the tv, we were left with a full tantrum ! Since we wanted our toddler to consume and wished to have time to talk with the older kids, we'd leave the tv on, but we understood that the older children would stop talking and watch tv too... no one was watching each other or their hunger cues- it was difficult ! After reading Katja's book we realized that we had slipped right into a bad habit and we had a need to make changes.! We went back to having meals without tv or consumer electronics. We also recognized we were doing plenty of things well- like cooking food from scratch with real food, planning the meals and teaching desk manners, but how and where food was served can be an important section of raising healthy eaters ! Our next step will be to get the kids in preparing the meals. Many thanks Katja for a straightforward to read and easy to follow publication that provides us back again to what really counts ! like eating collectively at the dining room table and conserving indigestible . Plus, she provides lots of other assets to consult for recipes, etc. But other things we sort of knew weren't right, but we do them anyways, because we couldn't really figure out why they weren't such advisable. How to Feed YOUR CHILDREN is a step-by-step information to learning the how of feeding children. Katja Leccisi has provided plenty of simple, grounded, good sense advice to start implementing into our lives, like consuming together at the dining room table and saving indigestible supper conversation for another period. The older kids started getting their tablets everywhere with them including the kitchen table and we would battle with them to turn them off for meal time. I find myself playing an integral role in our little family members in the years to come. this is truly the perfect quick guide that I'll continue steadily to refer to So far as I'm concerned, that is truly an ideal quick guide that I will continue to make reference to. It is easy to read, understand in addition to relatable! During the past months, family meals went from a pleasant family gathering to noisy, messy occasions... Quick and easy read, great for any parent with a "busy schedule" (haha that's every single parent). Loved the suggestions and how relatable it was..Common sense and plenty of useful advice about feeding children.



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