

Recommended Reading Resources for Parents



Child of Mine: Feeding with Love and Good Sense

By Ellen Satter, R.D.

How to Get Your Kid to Eat...But Not Too Much

By Ellen Satter, R.D.

Your Child's Weight: Helping Without Harming

By Ellen Satter, R.D.

Meals Without Squeals

By Christine Berman, R.D.

Pretend Soup and Other Real Recipes

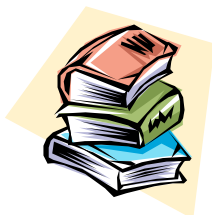
By Mollie Katzen & Ann Henderson

How to Get Kids to Eat Great & Love It

By Christine Wood, M.D.

Fattitudes

By Jeffrey Wilbert, Ph.D.



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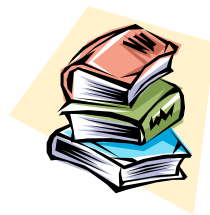
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