



## Teach Yourself Feeding Your Toddler (Paperback)

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By Judy More

Hodder Stoughton General Division, United Kingdom, 2008. Paperback. Book Condition: New. 197 x 129 mm. Language: English . Brand New Book. a complete guide to both what and how to feed your toddler, from one of the UK s most pragmatic , sensible and reassuring child nutritionists (Daily Telegraph) offers not just meal planners and recipes, but also nutritional information, and the latest advice on organics, GM products and E numbers equips you with absolutely everything you need to cope with fussy eating - practical advice, do s and don ts, emotional support This book gives you everything you need to help your toddler enjoy a great diet, with no tantrums. It shows you how to establish happy mealtimes for the whole family, with a complete set of tools to cope with every element of fussy eating - offering insight, support and most essentially practical tips on how to ensure your child gets what they need (whatever their habits). There are plenty of menu planners, shopping lists and recipes, with lots of sensible advice on how to cope with daily realities like parties and fast foods.



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