



Dealing with Difficult Eaters: Stop mealtimes becoming a battleground with fussy children

Hollie Smith, Sally Child, Sandi Mann

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If mealtimes often turn into a battleground when you're trying to persuade your child to eat, this book is for you. Written by a trio of experts in parenting, psychology and nutrition, this book recognises the strain and stress many parents go through and offers solutions that really work. Inside find out how to: • Get to the root of eating problems • Practically address each problem • Establish healthy eating habits Packed with realistic suggestions and case studies, this book can put you on a fast track to happy and healthy family mealtimes.

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