



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

Carlos Gonzalez

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Parents everywhere worry when their baby or toddler doesn't seem to eat as much as they think he should. Carlos González sets those fears to rest as he explores the reasons why a child refuses food, the pitfalls of growth charts, and the ways that growth and activity affect a child's calorific needs. He discusses how eating problems start, how they can be avoided and includes mothers' stories of the anguish they have gone through in trying to get their children to eat.

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