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## Teach Yourself Happy Toddler Mealtimes: 2010

By Judy More

Hodder Education. Paperback. Book Condition: new. BRAND NEW, Teach Yourself Happy Toddler Mealtimes: 2010, Judy More, Is this the right book for me? 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 plans, shopping lists and recipes, with lots of sensible advice on how to cope with daily realities like parties and fast foods. - 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 plans 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 Happy Toddler Mealtimes includes: Chapter 1: Becoming fussy about food Chapter 2: Nutrients...



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