



The Contented Child's Food Bible

Gina Ford, Paul Sacher

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Raising children is not easy and often feeding one's child can be one of the hardest aspects of parenting; there is now clear evidence stating that what children eat can affect their future physical and intellectual development. The media is full of information on nutrition and diet but knowing what to apply to your own child can be difficult. In *The Contented Child's Food Bible*, top maternity nurse, Gina Ford and leading UK nutritionist, Paul Sacher offer practical and down-to-earth advice for parents struggling with the many difficulties of feeding; ranging from the benefits of breast feeding to overcoming snacking and getting your child to eat fruit and vegetables every day. Clearly organised by age group and packed full of case studies and handy hints, this accessible guide is all a parent will need to raise a happy and healthy child. Contents include:

- What foods are key to particular stages of development
- How to deal with allergies
- Is my child growing at the correct rate?
- How to deal with fussy eaters
- What vitamins and minerals should my child take?

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