



Dr. Paula's Good Nutrition Guide For Babies, Toddlers, And Preschoolers

Paula Elbirt

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Children's eating habits change often between infancy and preschool. Dr. Paula's Good Nutrition Guide for Babies, Toddlers, and Preschoolers provides nutrition guidelines for young children and gives parents confidence in this confusing and important area. Pediatrician Paula Elbirt discusses nutrition by age group. Breastfeeding, formula, solids, allergy issues, gas, and burping are issues for infants. Topics for toddlers include creating a healthful diet, snacks, whole versus skim milk, tantrums and food, and eating styles. Food issues change again for preschoolers, and include friends' influence on eating habits, what to do when a child is cranky from hunger, and much more. Sample recipes and menus are provided for each group. Dr. Elbirt describes important differences between emerging eating disorders and odd but harmless food preferences kids embrace briefly and then discard. Whether they have "fussy eaters" or are looking for better ways to provide their children with the best nutrition, Dr. Paula's Good Nutrition Guide for Babies, Toddlers, and Preschoolers has the information parents need.

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Chery Taylor:

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