

POPARD February Tip of the Month, 2010

A list of books to help you with your picky eater:

Can't Eat, Won't Eat by Brenda Legge.

Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet by Cheri Fraker, Dr. Mark Fishbein, Sybil Cox, Laura Walbert.

Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges! by Lori Ernsperger, Tania Stengen-Hansen.
Forward by Temple Grandin

All of these books are available through the POPARD Amazon bookstore.

