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The 7 Secrets of Raising Happy Eaters: Why French Kids Eat Everything and How Yours Can Too!

By Karen Le Billon

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The 7 Secrets of Raising Happy Eaters: Why French Kids Eat Everything and How Yours Can Too!, Karen Le Billon, Are mealtimes with your kids a source of frustration? Ever wonder how on earth to get them to eat the recommended five servings of fruits and veggies per day (or even per week)? The 7 Secrets of Raising Happy Eaters is a practical and engaging guide for parents eager to get past their children's food resistance - or to avoid it altogether. The book introduces 7 Secrets of Raising Eager Eaters. Secrets include: Secret 1: Teach your child to eat, just like you teach them to read! Secret 6: 'Teach me to do it myself'. Child participation is every parent's secret weapon. Karen LeBillon, author of French Kids Eat Everything, coaches readers through the process of taste training, including strategies, games and experiments that will encourage even reluctant eaters to branch out. Over 100 delicious, kid-tested, age-appropriate recipes lead families step-by-step through the process of learning to love new foods, enabling kids to really enjoy the foods we know they should be eating. Wise and compelling, The 7 Secrets of...



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