

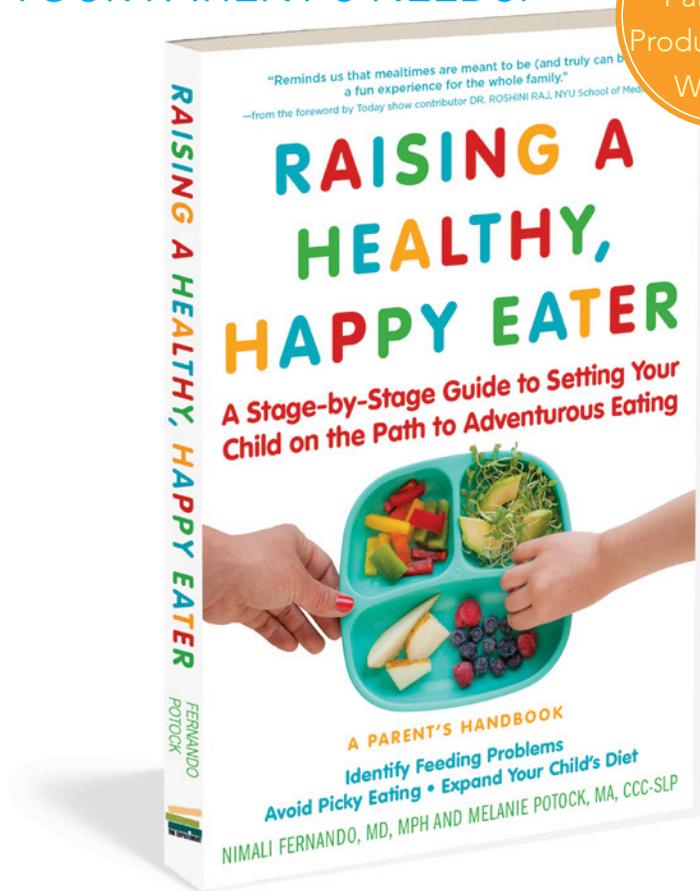
A HANDBOOK TO ANSWER ALL YOUR PATIENT'S NEEDS!



Here, a stage-by-stage guide on how to raise a healthy, adventurous eater (in a chicken-nugget world): **RAISING A HEALTHY, HAPPY EATER**. Authors Pediatrician Nimali Fernando and feeding therapist Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving your child the right start on his or her food journey—for good health, motor skills, and even cognitive and emotional development.

They explain how to expand your family's food horizons, avoid the picky eater trap, identify special feeding needs, and put joy back into mealtimes, with:

- This book answers the most common feeding questions from birth to school age, making it a perfect welcome gift for families of your newborn patients
- Real-life stories of parents and kids they have helped
- Wisdom from cultures across the globe on how to feed kids
- Helpful insights on the sensory system, difficult mealtime behaviors, and everything from baby-led weaning to sippy cups
- And seven "passport stamps" for good parenting: joyful, compassionate, brave, patient, consistent, proactive, and mindful.



Nimali Fernando, MD, MPH, is a Virginia pediatrician and founder of the nonprofit the Doctor Yum Project, the popular recipe and parenting website doctoryum.org. The first of its kind, her innovative new practice, Yum Pediatrics, features a teaching kitchen and instructional garden, along with hands-on learning curricula for families, making it a hot-spot for nutrition education and cooking instructions. She is also a Fellow of the American Academy of Pediatrics.



Melanie Potock, MA, CCC-SLP, is an international speaker on the topic of picky eating and feeding disorders in children and the author of the parent guidebook *Happy Mealtimes with Happy Kids*. Her advice, found on her website MyMunchBug.com, has been shared in national publications including *Parents* magazine. In her over fifteen years of experience as a feeding therapist, her work visiting homes and schools to support families and children at mealtimes has been one of the most rewarding aspects of her career.

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