



My Child Won't Eat!: How to Enjoy Mealtimes Without Worry

By Carlos Gonzalez

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Parents everywhere worry when their baby or toddler doesn't seem to eat as much as they think he should. Carlos González sets those fears to rest as he explores the reasons why a child refuses food, the pitfalls of growth charts, and the ways that growth and activity affect a child's calorific needs. He discusses how eating problems start, how they can be avoided and includes mothers' stories of the anguish they have gone through in trying to get their children to eat.

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Editorial Review

Review

"This splendid and easy-to-read book presents a common-sense approach to one of the biggest worries of parenthood. Dr. Gonzalez reminds us that children know a lot more about their nutritional needs than we give them credit for and that the problem is almost always ours, not theirs." Gill Rapley, co-author of *Baby-led Weaning: Helping your baby to love good food*

About the Author

Carlos Gonzalez was born in Zaragoza, Spain, and studied medicine in Barcelona. He is a husband and father of three and also a paediatrician. He teaches breastfeeding courses for health professionals, and writes books and magazine articles on child rearing for parents.

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