



My Kid Eats Everything: The Journey from Picky to Adventurous Eating

By Susan L. Roberts

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Lots of parents worry about what their children eat. Why won't they eat healthy foods? Are they getting enough? How can they convince their children to try new foods? In these households mealtimes have often become battlegrounds, nourishing no one. My Kid Eats Everything aims to change this with a handy step by step manual that uses sound nutritional principles, knowledge of physiology, and experience with sensory integration to help children learn faster and better. My Kid Eats Everything makes mealtimes a FUN adventure with food. Parents regain control of mealtimes and children get to feel in control of their own choices of what to put in their bodies. The book covers a variety of topics including: • Figuring out if a child has medical, social or emotional reasons for not eating – and where to go for help; • Which foods a child needs to eat to grow; • Moving from the foods a child likes to the ones that will promote healthy growth; • Making it fun for the whole family to try new foods.

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Editorial Review

About the Author

Susan L. Roberts, M.Div., O.T.R./L. is a Harvard educated Nutritionist and Occupational Therapist with more than 25 years of experience in pediatrics. She lectures nationally to therapists and other professionals on her methods for getting children with autism and other specials to eat balanced meals thus improving their health and behavior. Ms. Roberts earned a Bachelor of Science in Occupational Therapy from Boston University. Research interests in the neuro-sensory aspects of healing rituals led her to complete a Masters in Divinity from Harvard University. Susan added nutrition to her repertoire through the Institute of Integrative Nutrition in New York City, and became a member of the American Association of Drugless Practitioners. Ms. Roberts gives lectures and seminars around the USA on how to help children enjoy mealtimes, playtimes & school. Through individual coaching, play experiences, and support groups, she provides a safe space where children (and the adults who care for them) can discover their own path to happiness and healing. Ms. Roberts co-authored Biomechanics: Problem Solving for Functional Activity, and Kinesiology: Movement in the Context of Activity.

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