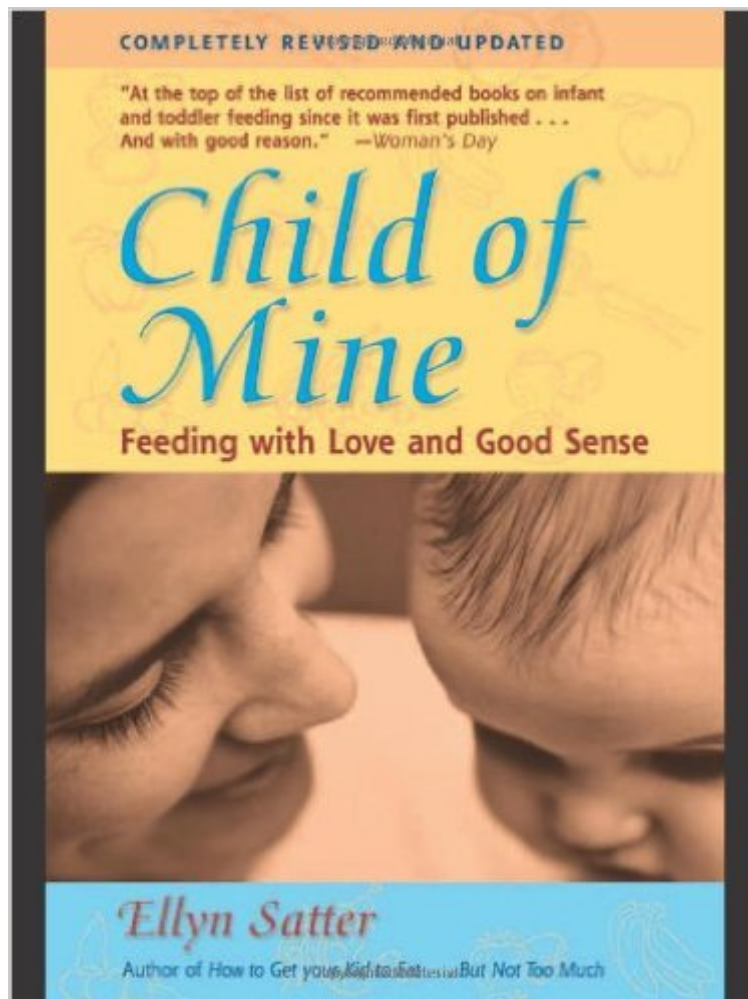


The book was found

# Child Of Mine: Feeding With Love And Good Sense, Revised And Updated Edition



## Synopsis

Widely considered the leading book involving nutrition and feeding infants and children, this revised edition offers practical advice that takes into account the most recent research into such topics as: emotional, cultural, and genetic aspects of eating; proper diet during pregnancy; breast-feeding versus; bottle-feeding; introducing solid food to an infant's diet; feeding the preschooler; and avoiding mealtime battles. An appendix looks at a wide range of disorders including allergies, asthma, and hyperactivity, and how to teach a child who is reluctant to eat. The author also discusses the benefits and drawbacks of giving young children vitamins.

## Book Information

Paperback: 536 pages

Publisher: Bull Publishing Company; Revised edition (March 1, 2000)

Language: English

ISBN-10: 0923521518

ISBN-13: 978-0923521516

Product Dimensions: 5.5 x 1.2 x 8.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (142 customer reviews)

Best Sellers Rank: #38,043 in Books (See Top 100 in Books) #110 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#) #207 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #334 in [Books > Politics & Social Sciences > Women's Studies](#)

## Customer Reviews

So there you all are, the five of you, finally sitting down at the dinner table. You, the mother, have managed to deliver a hot (or at least warm), nutritionally balanced (there is something green on the table), and home cooked (or close to) meal. Carefully, and with a sense of well-being, you dish it out and cut it up and place tidy plates of food in front of your first-grader, your pre-schooler and your toddler. Your husband helps himself. And as you, yourself, raise that first forkful to your lips, your first grader begins to push his food aimlessly around the plate, your pre-schooler shovels huge bites of pasta into his mouth, then pushes his plate away and announces he is waiting for desert (without having touched his broccoli), and your toddler throws all her food on the ground and screams delightedly, "uh-oh, uh-oh, uh-oh." Your sense of well-being vanishes, and you wonder, with your head in your hands, what, on earth, you've done wrong. If this scenario recurs almost daily at your house (as it does at mine), then you should BUY THIS BOOK. It is one of those rare parenting

books that actually gives you answers. It delivers them up in a friendly, no-nonsense style, based on the author's experience as a mother of three and as registered dietician/clinical social worker. Ellyn Satter has seen it all, and we can all benefit from the wealth of her experience. After reading this updated and expanded edition, I have learned to let my children serve themselves from the serving dishes on the table, and then to sit back and not worry about what else happens. Satter's philosophy regarding feeding is that it is the parent's job to determine the what and when of feeding: what food gets offered and when.

I wrote a review of this book in 2011 stating that I had tried Satter's method for two years and was still on the fence about it's longterm prospects. It's been 3 more years, I've had another child (which always gives you a different perspective), I've spent a considerable amount of time around children at play dates and school settings, and I feel I have a better assessment of Satter's ideas and kids eating in general. Below is the gist of about 4 years worth of observations: \*You probably don't need to BUY this book. The core of Satter's ideas are laid out on her website, albeit it's kind of a circular journey going from link to link to link. \*This book's (or Satter's website's) overview of how children grow and how their appetites can change from age to age is invaluable. Kids aren't born with instruction manuals, and I know it made me feel better to learn that it's perfectly normal for a baby to self-wean and become more food-fixated at 9 months (not all are like that) and that it's not out of character for a 2-year-old to become a pickier eater. \*Satter's overriding premise (her "division of eating responsibility") - that the what, when, and where of eating are up to the parent and that the choice of how much (if any) to eat is up to the child - is a sane one and, if followed in a positive, easy-going manner throughout a child's development, leads to long term healthy eating habits. Satter's system has prevented me from becoming that parent who a.) anxiously follows her child around with a forkful of spinach, begging her to "eat healthy" or b.) caters to her kid's every food whim and therefore becomes a slave to the tastes of a 3-year-old (or ends up cooking 2 or more dinners every night). Satter's way is a nice middle ground.

[Download to continue reading...](#)

Child of Mine: Feeding with Love and Good Sense, Revised and Updated Edition  
The Billionaire's Obsession: The Complete Collection Boxed Set (Mine For Tonight, Mine For Now, Mine Forever, Mine Completely) (The Billionaire's Obsession series Book 1)  
Feeding the Whole Family: Cooking with Whole Foods: More than 200 Recipes for Feeding Babies, Young Children, and Their Parents  
Chart Sense for Writing: Over 70 Common Sense Charts with Tips and Strategies to Teach 3-8  
Writing Chart Sense: Common Sense Charts to Teach 3-8 Informational Text and Literature Yours,

Mine, and Ours: How Families Change When Remarried Parents Have a Child Together What Your Third Grader Needs to Know (Revised and Updated): Fundamentals of a Good Third-Grade Education (Core Knowledge Series) What Your First Grader Needs to Know (Revised and Updated): Fundamentals of a Good First-Grade Education (Core Knowledge Series) What Your Fourth Grader Needs to Know (Revised and Updated): Fundamentals of a Good Fourth-Grade Education (The Core Knowledge Series K-6) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! Pretend You're Mine: A Small Town Love Story Solve Your Child's Sleep Problems: Revised Edition: New, Revised, and Expanded Edition Separated By Duty, United In Love (revised): Guide to Long Distance Relationships for Military Couples (Updated) The Tiger's Child: The Story of a Gifted, Troubled Child and the Teacher Who Refused to Give Up On (One Child) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution)

[Dmca](#)