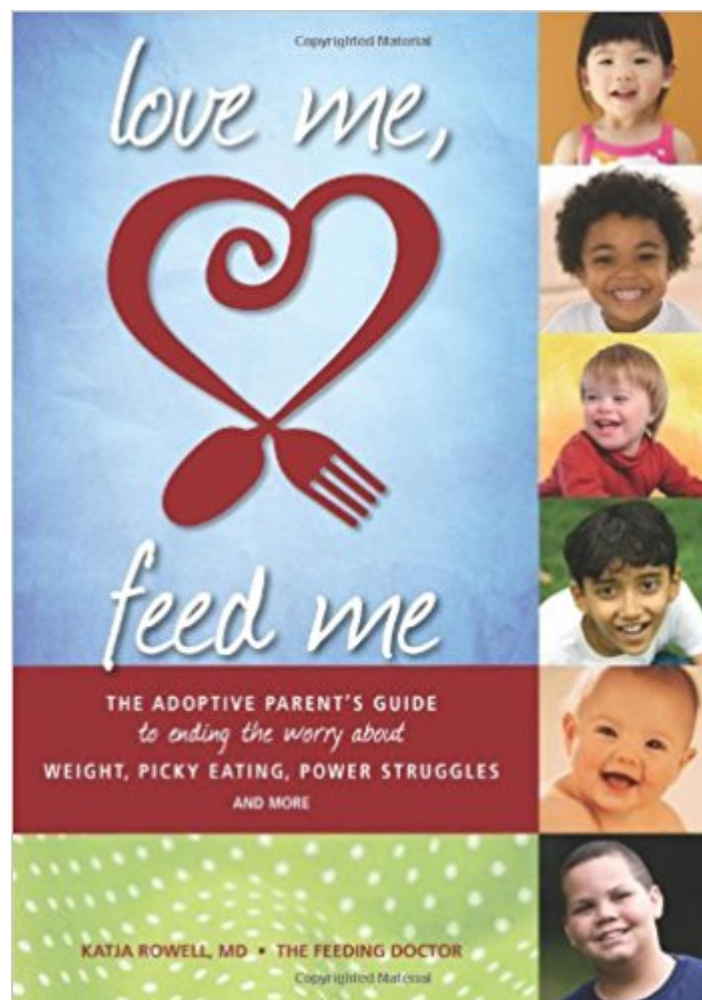




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Love Me, Feed Me: The Adoptive Parent's Guide To Ending The Worry About Weight, Picky Eating, Power Struggles And More



Synopsis

Love Me, Feed Me is a relationship-building, practical guide to help fostering and adoptive families enjoy family meals and raise children who eat a variety of foods and grow to have the body that is right for them. Grounded in science, but made real with the often heart-breaking and inspiring words of parents who have been there, Dr. Katja Rowell helps readers understand and address feeding challenges, from simple picky eating to entrenched food obsession, oral motor and developmental delays, feeding clinic failures, and more. Though written primarily for the adoptive and fostering audience, Rowell, aka, the "Feeding Doctor," shares that her clients are more alike than different. "This book is a distillation of the advice and support I provide all my families as they transform a troubled feeding relationship into a healthy one, and bring peace and joy back to the family table."

Book Information

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Customer Reviews

Dr. Katja Rowell is a family doctor turned childhood feeding specialist. She believes HOW is the key to improving what kids eat, and that helping kids have a healthy relationship with food and their bodies is the best preventive medicine there is. Dr. Rowell consults with parents struggling with feeding and weight worries, is a sought-after speaker, blogger, mom and family cook.

This is a wonderful and practical book, based on compassionate acceptance of our human differences and respect for our little ones who struggle with food. This book was instrumental in healing our toddler's food obsession, as well as the restrictive attitude toward food I had internalized and was modeling for him. I cannot recommend it highly enough. From infancy our son was very

high on the weight chart and we were instructed to restrict his food. Fast forward two years and our healthy (but naturally robust) toddler was obsessed with food. Always talking about and asking for food even directly after meals, crying and screaming while I would prepare food, gobbling meals so fast he would choke and still crying for more (even when his belly was so full it was physically hard) and trying to take other people's food at social events. It got to the point where I was dreading special occasions, and even got nervous if a book featured food since it would trigger him to focus on eating. I desperately searched the internet and found Dr. Rowell's blog, then this book. I ordered it immediately and read it cover to cover. It's now been two months since we began following her methods, and my son is like a different child. He was so serious and cautious when his mind was on food, and now he's able to relax and be playful, even going for hours without mentioning eating. When he does eat, he no longer gobbles like he's starving, and is able to stop when he's full. Using the gentle techniques outlined in this book and thoughtfully reexamining the beliefs we held toward food and weight, we were able to instill an abundance mindset in our home. Our healthy, sweet little boy no longer obsesses about food, and thankfully, we don't have to either.

We struggle with food issues with one of our children who was adopted at age 2. While she has always had access to food in our home and been allowed to eat as much as she wants, recently she has been overeating and demanding more and more and more. We sent a snack box to school and did everything we thought we should be doing to increase her "security" about food. And, we still had issues. This book addresses that behavior, but I found it to focus more on a picky eater and a child who does not eat. There was some good information in this book for us and what we are dealing with and I like that it was focused on children who come from hard places and have trauma in their backgrounds. It is hard to find books on that subject.

Are you at your wits end with your picky/resistive/selective eater? Or wondered why they won't eat, even if you heed to friend's/doctor's suggestions that "they won't starve themselves"? This is an amazing book for any caregiver struggling with their child's eating. It is extremely well written, practical and pertains to the real life struggle of raising a selective eater, regardless of whether it is an adoptive/foster relationship. My family has struggled with feeding our four year old son, who was diagnosed with eosinophilic esophagitis a year ago. We saw very little improvement with 10 months of behavioral based feeding therapy and I was at my wits end with what to do next. "Love Me Feed Me" instantly calmed my nerves, renewed my hope, made our struggle seem a little more normal, and gave us a practical method for moving forward. We are just in the beginning stages of

implementing the Division of Responsibility method at our family dinners but the entire family is enjoying calmer, more relaxed meals. I enjoyed all sections of this book but found the section on rethinking nutrition to be particularly helpful. No doubt, we all want our kids to eat varied, nutritious and balanced meals and this section helped me gain perspective on the issue. This book is not going to teach you how to hide spinach in brownies or craft works of art out of a sandwich (and if you are reading this review and have a picky eater, I bet you have already tried) but will provide you a guide towards raising a competent eater.

I'm a father of a 3-year old with very selective eating rooted in sensory issues. My son has been through two years of feeding therapy, and I've read a multitude of books, articles, and other resources on the subject. This is probably the single best resource I've come across. In my opinion, it is a MUST READ for any parent who has a child with eating concerns (particularly with undereating and very selective eating). The book is extremely well-organized and well-written, and contains lots of background information and practical tips. I also love that it is written in an extremely reassuring tone. This give the reading parent confidence in trusting both the book's advice and the child. Even if you're familiar with Ellyn Satter's works and the Division of Responsibility Model and have read her books, website, or papers, and/or other books on feeding issues, I nonetheless strongly recommend this book as an additional resource. I also note that my

Currently dealing with an 11 year old(biological child) who has had eating issues all her life. This book was so insightful. I wish it would have been written 7 years ago, I know we would not be dealing with all the issues surrounding food that we currently face. This book covers all ages, with very easy to understand knowledge for struggling parents. To be honest, I really think this book would make a great baby shower gift for anyone. So whether you are just starting out as a new mom or are having issues that have been going on a long time and really need some great advice, this is the book for you. Blessed that I came upon Katja's website, blog and facebook page, The Feeding Doctor. Feeling some hope that I help improve my daughter's relationship with food.

I read this book because of a child with what I thought was Selective Eating. After reading this I realized he was more of a picky eater. It gave me peace of mind and lots of ideas to try out with him to get him to enjoy eating and eventually try new foods. I think this could be very useful even if your child is not adopted!

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 Weight Watchers: Weight Watchers Cookbook -> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016)
 (Volume 1) The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers To Your Questions on Nutrition, Starting Solids, Allergies, Picky Eating, and More (For Parents, By Parents)
 Raising a Healthy, Happy Eater: A Parent's Handbook: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating
 Weight Watchers: Weight Watchers Cookbook -> Smart Points Edition -> Lose Weight By Eating Smarter (Weight Watchers Pocket Guide)
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 Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panic Attacks from Your Life Permanently
 "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear
 Why Weight? A Guide to Ending Compulsive Eating The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy
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