



Just Two More Bites!: Helping Picky Eaters Say Yes to Food

Linda Piette

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Turn “Yuck!” into “Yum!”

How often do you find yourself begging or bribing your child to eat? Every parent experiences the frustration of picky eating, but how do you know if it’s just a passing phase—or cause for concern? Pediatric nutritionist Linda Piette has the answers that will help you solve the frustrating problem of infant, toddler, and preschooler mealtimes.

Filled with insightful and inspiring stories of many children’s struggles with food, *Just Two More Bites!* gives concrete help to frustrated parents with real-life answers for how to handle day-to-day food struggles. Inside, Piette will also tell you:

- How to make food more appealing to children
- Why your child loves a food one day and rejects it the next
- How to spot food allergies and digestion problems
- Mealtime Do’s and Don’ts

Just Two More Bites! will revolutionize mealtimes in your home and help you and your child enjoy food and develop a lifetime of healthy eating habits.

From the Trade Paperback edition.

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From reader reviews:

Sharron Marty:

In this 21st millennium, people become competitive in each and every way. By being competitive now, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by surrounding. One thing that oftentimes many people have underestimated it for a while is reading. Sure, by reading a guide your ability to survive enhance then having chance to stand up than other is high. To suit your needs who want to start reading any book, we give you this Just Two More Bites!: Helping Picky Eaters Say Yes to Food book as basic and daily reading guide. Why, because this book is greater than just a book.

Crystal Dewitt:

Reading can be called mind hangout, why? Because if you find yourself reading a book specially book entitled Just Two More Bites!: Helping Picky Eaters Say Yes to Food your mind will drift away through every dimension, wandering in most aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a publication then become one contact form conclusion and explanation in which maybe you never get previous to. The Just Two More Bites!: Helping Picky Eaters Say Yes to Food giving you an additional experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us teach you the relaxing pattern here is your body and mind will probably be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

Sandra Alexander:

Are you kind of active person, only have 10 or perhaps 15 minute in your morning to upgrading your mind skill or thinking skill possibly analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short period of time to read it because all this time you only find reserve that need more time to be go through. Just Two More Bites!: Helping Picky Eaters Say Yes to Food can be your answer mainly because it can be read by an individual who have those short free time problems.

Ruby Chartrand:

What is your hobby? Have you heard that question when you got college students? We believe that that query was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. And you know that little person including reading or as studying become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You find good news or update concerning something by book. Many kinds of books that can you decide to try be your object. One of them is Just Two More Bites!: Helping Picky Eaters Say Yes to Food.

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