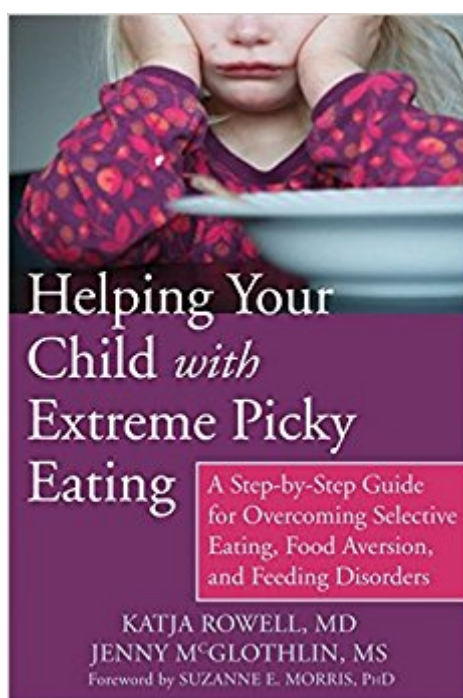


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# Helping Your Child With Extreme Picky Eating: A Step-by-Step Guide For Overcoming Selective Eating, Food Aversion, And Feeding Disorders



## Synopsis

In *Helping Your Child with Extreme Picky Eating*, a family doctor specializing in childhood feeding joins forces with a speech pathologist to help you support your child's nutrition, healthy growth, and end meal-time anxiety (for your child and you) once and for all. Are you parenting a child with extreme picky eating? Do you worry your child isn't getting the nutrition he or she needs? Are you tired of fighting over food, suspect that what you've tried may be making things worse, but don't know how to help? **Having a child with extreme picky eating is frustrating and sometimes scary. Children with feeding disorders, food aversions, or selective eating often experience anxiety around food, and the power struggles can negatively impact your relationship with your child. Children with extreme picky eating can also miss out on parties or camp because they can't find 'safe' foods. But you don't have to choose between fighting over every bite and only serving a handful of safe foods for years on end. *Helping Your Child with Extreme Picky Eating* offers hope, even if your child has failed feeding therapies before. After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (built around the clinically proven STEPS+ approach; Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth. You'll discover specific strategies for dealing with anxiety, low appetite, sensory challenges, autism spectrum-related feeding issues, oral motor delay, and medically-based feeding problems. Tips and exercises reinforce what you've learned, and dozens of 'scripts' help you respond to your child in the heat of the moment, as well as to others in your child's life (grandparents or your child's teacher) as you help them support your family on this journey. This book will prove an invaluable guide to restore peace to your dinner table and help you raise a healthy eater.**

## Book Information

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## Customer Reviews

What I appreciate most about *Helping Your Child with Extreme Picky Eating* is its respectful approach for both parents and children. It offers parents hope, understanding, and practical strategies that really work. Based on sound research and a true understanding of children, it gently but confidently guides families through the steps of building a healthy relationship with food.

Mary Sheedy Kurcinka, EdD, licensed teacher, parent educator, and author of *Raising Your Spirited Child*; Finally, an antidote to the infuriating trend of books about tricking children into eating. Rowell and McGlothlin expertly illuminate the complex emotional world of children with extreme picky eating and the caregivers who struggle to feed them. *Helping Your Child with Extreme Picky Eating* is a masterpiece of practical strategies, compassion, and reassurance that's perfect for parents, pediatricians, and anyone who remembers hating just one more bite.

Jessica Setnick, MS, RD, CEDRD, pediatric eating disorder specialist, cofounder of the International Federation of Eating Disorder Dietitians, and author of *The Eating Disorders Clinical Pocket Guide*; With the persistent challenge of classification and treatment of feeding problems, eating disorder professionals are increasingly charged with treating children with feeding difficulties, avoidant/restrictive food intake disorder (ARFID) cases, and selective eating. This book is an invaluable resource for eating disorder (ED) professionals in need of a thorough introduction to the spectrum of selective eating issues that may be outside their primary area of expertise, from typical picky eating to more pervasive food aversions. The authors' expert handling of this topic will empower both professionals and parents to better understand and support their selective eaters.

Katherine Zavodni, MPH, RD, LDN, registered dietitian specializing in outpatient nutrition therapy for eating disorders, family nutrition and childhood feeding, and intuitive eating; *Helping Your Child with Extreme Picky Eating* is a practical, child-focused, and guilt-free guide to addressing a variety of eating challenges. This book respects and values the parent as an expert. The nonjudgmental approach and easy-to-follow techniques will empower parents to make family mealtime a positive experience. By providing a sound overview of feeding development, Rowell and McGlothlin changed my understanding of typical eating. The suggested scripts and keen insight into the child's

perspective takes the guesswork out of applying the STEPS+. I walked away with a deeper understanding of how children experience feeding and how my own &#145;feeding temperament&#146; affects how I relate to my children around food. Short-order cooking is out the door and dessert is on the table with dinner now. We&#146;re all enjoying a happier mealtime! My only wish is that I&#146;d had this book when my children were babies. I would strongly recommend this book to any parent who is struggling with mealtime.&#151;Erin Erickson, MPH, MN, RN, founder and cohost of Mom Enough&#147;Katja Rowell and Jenny McGlothlin get the anxiety and many challenges both children and families feel when children are highly selective eaters! They offer sensitive, thoughtful, and practical suggestions to support families in their journey toward happier and healthier mealtimes.&#151;Marsha Dunn Klein, MEd, OTR/L, FAOTA, pediatric therapist, educator, author, and co-owner of Mealtime Connections, a pediatric therapy clinic in Tucson, AZ&#147;Lots of books promise to help solve &#145;picky eating&#146; problems, but this one actually does! Rowell and McGlothlin have put together a comprehensive masterpiece.&#151;Skye Van Zetten, blogger at mealtimehostage.com&#147;Finally! Not just an acknowledgment, but an exploration and even a &#145;how-to manual&#146; on dealing with the long-neglected missing piece of pediatric feeding therapy&#151;the emotional dynamic for both the child and the parent! Let&#146;s face it, eating is not just about nutrition. It&#146;s also about enjoyment and family relationships. This gets lost amidst health and medical concerns when a child severely limits his eating. Katja Rowell and Jenny McGlothlin have given us a map for restoring and healing these components as well. Parents and therapists alike will be profoundly grateful.&#151;Jennifer Meyer, MA, CCC-SLP, cocreator of care-to-collaborate.com, and popular international speaker in the areas of pediatric dysphagia and neonatal therapy&#147;Finally, there&#146;s a solid resource for families who struggle with extreme picky eating!&#151;Rowell and McGlothlin leave no stone unturned as they help parents navigate all aspects of their child&#146;s eating, from the &#145;how&#146; of family dinners to decisions about feeding therapy. I will recommend this book again and again.&#151;Maryann Jacobsen, MS, RD, author, blogger, speaker, and coauthor of Fearless Feeding&#147;A wonderful, parent-friendly resource that is easy to read and full of practical suggestions to help your child &#145;come to the table!&#146;&#151;Catherine S. Shaker, MS/CCC-SLP, BCS-S, pediatric speech-language pathologist at the Florida Hospital for Children in Orlando, FL, and coauthor of &#147;The Early Feeding Skills Assessment Tool for NICU Infants&#146;&#147;Helping Your Child with Extreme Picky Eating is wonderful! I currently work with a young male client who struggles with eating, and I can honestly

say that this information is so crucial for even mental health therapists who are working to help families dealing with feeding issues. I wish all school counselors could have access to this material. The material in this book has assisted me in helping my client's family in a way that I was struggling to before reading! Thank you for writing this tremendously helpful text!

#151;Christine J. Schimmel, EdD, NCC, LPC, assistant professor of counseling at West Virginia University and author of numerous texts and articles on impact therapy, a multisensory, creative approach to counseling and group counseling

Katja Rowell, MD, is a family doctor and childhood feeding specialist on a mission to support parents who worry about feeding and their child's weight or growth. Known as "the Feeding Doctor," she is a national expert on children, feeding, and the intersection of health and wellness. Rowell believes that helping children grow up to feel good about food and their bodies is the best preventive medicine there is. Described as "academic, but warm and down to earth," she presents workshops to parents and professionals across the country. Rowell consults with a range of clients and writes on the importance of a healthy feeding relationship for online and print media. She has shared tips on how to bring peace back to meals through DVDs, TV, and radio, and is author of *Love Me, Feed Me*. Rowell makes her home in the Twin Cities, where she enjoys reading, camping, cooking (most of the time) for her family, and a husband who does the dishes.

Jenny McGlothlin, MS, CCC-SLP, is a certified speech-language pathologist specializing in the evaluation and treatment of feeding disorders for children from birth through the teen years. McGlothlin developed the STEPS feeding program at the Callier Center for Communication Disorders at University of Texas at Dallas, where she works with families on a daily basis to foster feeding skills that will serve a child for a lifetime. Her passion is teaching children how to eat when they just can't figure it out on their own, and McGlothlin has been inducted into the Texas Speech-Language-Hearing Association's Hall of Fame for her work in the field. McGlothlin has spent many years teaching graduate-level courses on feeding as well as early child development. She frequently provides feeding workshops for parents and continuing education seminars and webinars for therapists. As a mother of three young children, McGlothlin makes family meals a priority, and enjoys reading and spending time with her friends.

Foreword writer Suzanne Evans Morris, PhD, is an internationally recognized speaker and therapist for infants and children with feeding and mealtime challenges. With more than fifty years' experience as a speech-language pathologist specializing in feeding development and disorders in children, she pioneered the development of feeding and mealtime programs in the United States.

Morris is coauthor of three books: Pre-Feeding Skills, the Mealtime Participation Guide, and the Homemade Blended Formula Handbook.

Full disclosure: My son was a patient of Jenny McGlothlin in her feeding program when he was a toddler. Using her system, he went from only eating smooth purees to eating a regular diet in 3 months. I have seen her work miracles with many many kids and families. She knows what she is talking about and she has proven herself with kids and parents who hold her accountable. It seems that most people who give advice on feeding picky eaters have never had to care for one themselves. Too many pediatricians, grandparents, friends, etc. just have the same advice... "if the kid is hungry enough he will eat what you serve," or "cut out the junk food and he will get hungry for healthy food." Unfortunately, that doesn't usually work with true picky eaters. These authors have been in the trenches with parents and have found a system that works. The best part is that their advice doesn't make you feel like a horrible parent who just didn't try hard enough. I cannot say enough about how helpful this advice is.

Great book!! We are only 75% through it but have already started implementing some of the procedures (I know, we disobeyed) and are already seeing so many great results! We have a kid who has lots of food allergies and we got the point where even watching a video wasn't enough to get him to eat. We were so frustrated. This book helped us take it easy and lower the stress.... and he responded. This is a must read for every parent of a picky eater.

The most sensible, rational & natural approach to feeding without the pressure. A comprehensive step-by-step guide to feeding, eliminating the guess work. It's a win-win for both parents & children. Parents learn a healthy approach to feeding kids, thereby reducing anxiety & frustration. Kids learn to eat better in a relaxed environment. My 4 year old was fortunate to have completed Jenny's STEPS 12-week feeding program a year ago. It completely transformed our family meals from stressful to enjoyable & have never had any struggles with mealtimes or food since then.

My son is recently tube-weaned and we have been looking for help getting him to eat solids. So many books ignore the medically fragile children and their unique set of needs. This book is a refreshingly new perspective that offers help away from the ABA method and instead allows the child to organically learn to eat. I'm excited to start implementing their methods!

We have been seeing Dr McGlothlin, the coauthor of this book for some time now. The techniques and philosophies presented in this book are absolutely transformational for any family having a hard time with picky eaters and those struggling with food aversion. I'll take it a step further and say that this book outlines healthy family conversations around food, which when implemented correctly can remove the typical stigmas associated with food throughout someone's life.

Great tips and suggestions for children with eating problems. I would recommend this book to anyone who struggles with food and their children

I can't say enough about this book. I have read about many of the concepts in the book from other experts, and these two authors wrote a whole book with steps to teach the care-takers/parents how to facilitate them. Throughout this easy-reading material are practical "food for thoughts" to help put into perspective what it is the child is potentially (most likely) feeling when faced with eating something new. Along with helping the reader empathize with the child, the authors also write the book in a way that empathizes with the "food provider", and in a non-judgmental respectful manner. For those out there who are tired of the power-struggles surrounding food and meal-times, this book is for you!! I highly recommend it for all parents, not just those challenged with children who are extreme with their eating.

Really helpful and not shaming at all. A boon for parents who struggle with children who won't eat.

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Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet  
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)  
Manhattan Family Guide to Private Schools and Selective Public Schools, 6th Edition (Manhattan Family Guide to Private Schools & Selective Public Schools)  
Manhattan Family Guide to Private Schools and Selective Public Schools, 5th Ed. (Manhattan Family Guide to Private Schools & Selective Public Schools)  
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