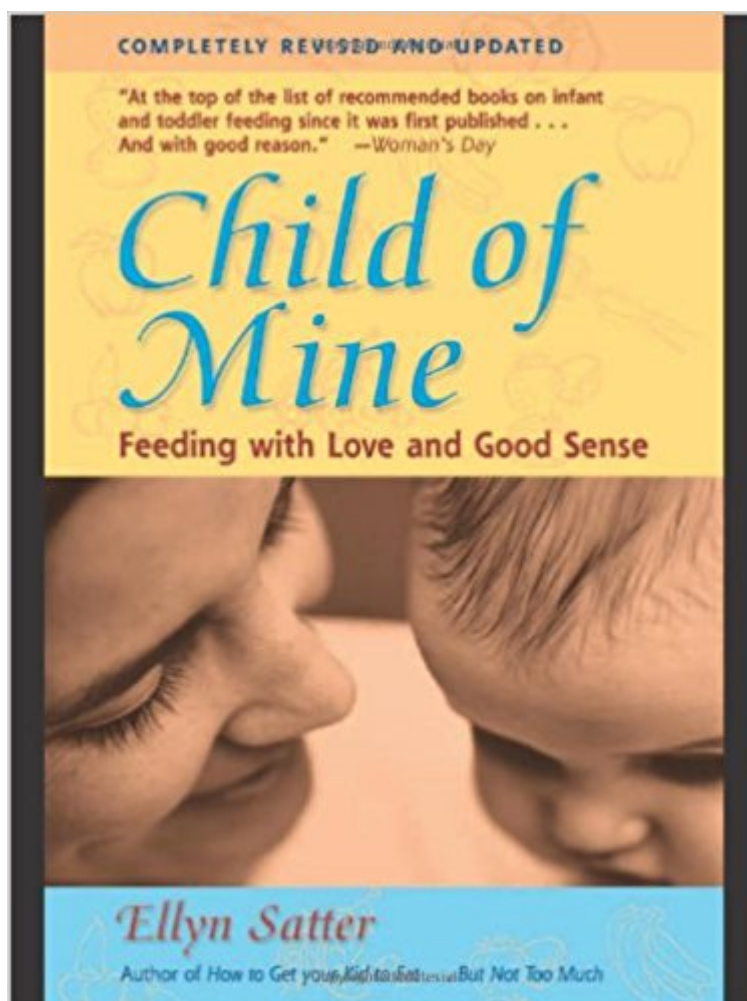


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Child Of Mine: Feeding With Love And Good Sense, Revised And Updated Edition



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 1.1 x 8.5 inches

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

Average Customer Review: 4.2 out of 5 stars 146 customer reviews

Best Sellers Rank: #14,250 in Books (See Top 100 in Books) #47 in [Books > Parenting & Relationships > Family Relationships > Motherhood](#) #83 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #139 in [Books > Politics & Social Sciences > Women's Studies](#)

Customer Reviews

Confused about feeding your baby or toddler? *Child of Mine*, by noted nutritionist Ellyn Satter, is an essential guide for every new parent concerned with nutrition and appetite. Satter's advice is thorough and straightforward: "You can't control or dictate the quantity of food your child eats, and you shouldn't try. You also can't control or dictate the kind of body your child develops, and you shouldn't try. What you can do, and it is a great deal, is set things up for your child so she, herself, can regulate her food intake as well as possible, and so she can develop a healthy body that is constitutionally right for her." *Child of Mine* provides information on all aspects of feeding, from pregnancy through the toddler years. Satter begins with historical and social perspectives on infant feeding, describing how formula was developed and discussing the social movement that led to accepting a child's input into his or her own development. Nutrition during pregnancy, infant feeding, introducing solid foods, building positive eating relationships, and avoiding eating disorders are all

discussed. The sections on breastfeeding vs. bottle feeding, and on the regulation of food intake (particularly the relationship between parental attitudes and children's eating habits) are especially recommended. Satter provides specific nutritional information (including charts, diagrams, and nutritional breakdowns) interspersed with a no-nonsense, experienced perspective that will help you establish good eating habits that your children will benefit from long after they're out of diapers.

--Ericka Lutz --This text refers to an out of print or unavailable edition of this title.

"An excellent source of solid nutrition information. . . . it espouses a philosophy of moderation and common sense that fosters good health, good eating habits, and, most of all, a loving relationship between parents and children." *Washington Post*"This is a uniquely comforting, now-*on-the-right-track* sort of book...a warm, sensible, professional and expert approach to what is, after all, a universal set of situations." *Family Journal*"We recommend this book for its superb nutrition information, particularly the discussion of solid foods and toddler eating." *Journal of Human Lactation*"A wealth of practical and solidly researched information for parents and professionals of all levels of experience. [Satter's] casual, personalized writing style engages the reader and transforms potentially confusing and technical data into understandable and applicable guidelines. It is quite a relief to finally read such a rational, healthy approach to child nutrition." *Journal of Pediatric Nursing*

As a dietitian and a pediatric nutrition enthusiast, I can confidently say that this book is an excellent guide for parents. Feeding can be a source of anxiety and frustration for parents and their children, but this book is an excellent guide to avoiding complications. I wish that it was organized in less of a conversational context, but I imagine it makes for an easier read overall. I, personally, just prefer for educational books to be set in a more outlined manner. Otherwise, I think all parents and caregivers would greatly benefit for this book.

I went through a difficult feeding stage with my toddler and this book really helped me understand what *my* role in feeding her was. Definitely helped with my mealtime stress and anxiety. The book goes through different childhood stages from newborn and up, so you can pick and choose to read the parts that are relevant to you.

Children are resilient but this book presents ideas which can make a big positive impact on their relationships with you, other people, and food throughout their lifetime. Admittedly, in my case, she

is preaching to the choir, and I am simply thrilled with how she weaves seemingly disparate results of various studies into a comprehensive view of feeding as an activity which is important emotionally and developmentally. She doesn't talk about eating in isolation but rather links it to playtime, sleep and wakefulness etc. She addresses both the average child and children that she describes as vulnerable to well-meaning but misguided parents (e.g. preemies, small babies, fat babies). While many books include growth charts, this book is the only one I've seen which explains in detail how babies normally progress through these charts and how to interpret deviations from the norm. Having glanced at one of Satter's older books, her writing style seems to be more concise now which is good because the book is already hefty enough even though it only elaborates on the more contentious topics. The organizational flow is good and she repeats her main messages often so that it is possible to read the chapters in isolation. Although it is current only to sometime around its print date (2000), the general info relayed is consistent with the more recent changes in the pediatric practices I've experienced and the other books that I've read. She hasn't updated the breastfeeding chapter, preferring instead to refer people to say "The Nursing Mother's Companion". It seems very even-handed about how it presents both breastfeeding and formula-feeding. Making that choice secondary to the feeding relationship itself. To sum it all up, she has done her homework and she is providing a valuable public service in presenting her life's work in this book. I initially had a library copy and am now purchasing multiple copies for myself and as gifts to friends who present concerns to me that are answered by this book! p.s. on a more humorous note, it reminds me of the intent of the book "Good Owners, Great Cats". In this case, if you improve the parenting, the kid will shine!

I don't know if this is for everyone, but it found it very useful. So far I have followed her recommendations and I have two great eaters. Only reason I did not give 5 stars is that it seems a little wasteful and expensive to offer many different healthy choices at every meal, so I don't know that her strategies would be feasible for lower income families. I read this book in my clinical nutrition class while I was pregnant, so maybe because I started right away I have had less problems, or it just really works. My kids nearly always eat what is offered to them, and what little they don't eat I save for the next meal or next day to avoid the waste problem. I highly recommend this book to all new moms I know!

This book is great. I have one and gave one recently as a gift to a good friend that has a very different eating style than I do (We're vegan and they are definitely not!). But it doesn't matter what

your style is because this book covers so much ground so simply and easily that everyone should be reading it and using it. I knew it was a keeper when I read the paragraph on it being important to give your child things like Oreos occasionally, even though the author didn't want to say it, but that it was beneficial for the child in the long run to help with establishing long standing good eating habits. I could go on and on with all the wonderful things in this book but I'm just going to leave it with: I strongly recommend it to everyone.

Best book you can buy to learn about normal nutrition for newborns through age 5. Easy to read and understand, it provides logical and practical methods to raise a healthy eater from the start. The theme of this book is the parent or caregiver should learn to pay attention, watch, and listen to the child instead of telling the child what she should eat, or trying to sneak foods in. The book is NOT about the parent gaining power over a child's eating. It is rather about respecting the child and maximizing the child's natural behaviors and developmental windows to help the child to discover and appreciate her own hunger, satiety and trust in the caregiver/parent.

Feeding and what is healthful or not has been one of the biggest pre-parenting anxieties my husband and I have had. I bought this book for us and we are really getting a LOT out of it. It's body positive, which is fabulous; it's all based on good science too, which is very gratifying. It teaches parents how to teach their infants and toddlers to avoid eating problems and disorders of all kinds. It is compatible with baby-led weaning (as far as I can tell) and also addresses both breastfeeding and formula feeding.

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