



War Peas: Emotionally Aware Feeding - End the Battle with Picky Eaters (Paperback)

By Jo Cormack

Galanthus Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you are worried about your child's picky eating, War Peas has the answers you need. Therapist Jo Cormack turns conventional parenting techniques on their head, introducing readers to EAF (emotionally aware feeding). This is not a book about what to feed children, but how. EAF is a simple approach based on research and psychological theory. It will revolutionise the way you look at mealtimes and give you clear principles to follow. Once you understand the emotional and behavioural side of picky eating, you're on the road to making mealtimes happy again. Who the book is for: War Peas is primarily written for the parents of young children aged 18 months to eight years. It is aimed at families where there are no complex medical reasons for problematic eating but somehow feeding has gone awry.



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Reviews

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