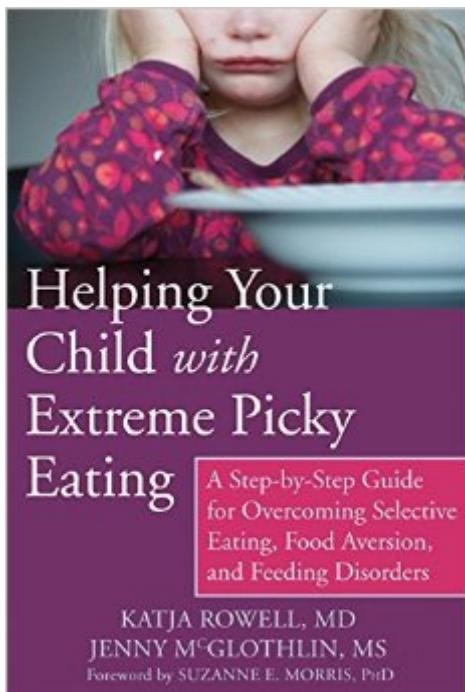


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# Helping Your Child With Extreme Picky Eating: A Step-by-Step Guide For Overcoming Selective Eating, Food Aversion, And Feeding Disorders



## 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

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.

As a parent of a child with extreme picky eating, I have been looking for as many resources as possible to help me help my son. This was the first book of its type that I have read post-therapy (and have read a couple more since). My son is 3 and overall, I did find the approach Ms. Rowell takes to be a breath of fresh air in a lot of ways. The "no pressure" method has certainly made mealtimes more pleasant, and by starting to eat dinner "family style" with all of the options on the table, my son has started at least putting foods on his plate that he would otherwise throw a fit about being there. What I didn't love about the book was the organization of information, or lack thereof. I did not find it to be a "step-by-step guide" as the subtitle suggests, and the chapter headings made it difficult for me to locate information later on that I wanted to revisit. I also felt that the author could have and should have tackled some frequently asked questions about her suggested process, as I have run into many situations since changing to her style that have left me completely stumped. In my house, tortilla chips is one of the very few foods my son eats consistently, so when we have Mexican for dinner (which is a lot), that is all he goes for. I would love the opportunity to ask Ms. Rowell if I should limit the amount of tortilla chips he consumes at dinner in order to encourage him to possibly try something else on the table? Is it appropriate to require him to dip it in something, such as guacamole, if he wants more? And what should I do when he asks for seconds of

something that has run out on the table (but we have more of in the pantry/fridge)? Do I tell him sorry and let him go hungry since likely he won't eat anything else on the table? I know there are hundreds of different scenarios for different kiddos out there, but I feel like those questions are pretty universal when we're talking about picky eaters and changing to a new "family style" dinner. One of the most helpful things I got from the book was a URL to a blog called "Mealtime Hostage" which is ran by a mother of a child with EPE. I highly recommend her blog if you haven't come across it. She even has an online support group on Facebook that the website directs you to, but it is chock full of so much information about her own journey, and she has compiled resources from several experts which saved me a lot of leg work. Heck, just knowing I was not alone in this struggle gave me so much hope and encouragement. Overall, I would still recommend the book if you have a child that suffers from ARFID/selective eating/extreme picky eating, because even if you only glean a few helpful tips from it, every new perspective and piece of advice helps if you ask me!

My son (now 4.5 years old) was under author Jenny McGlothlin's care for treatment of his feeding disorder from Autumn 2012 through Winter 2013. When we started, he wouldn't even touch food. No interest in feeding himself. Swallowed whole what food we managed to sneak into his mouth (which caused numerous terrifying choking incidents). Jenny's methods worked, they really did. For our son, it has been a lengthy process, but within one year he was eating very functionally. He was feeding himself and choosing at least a few foods from most major food groups. Fast forward 2.5 years into the journey to now, and he has become the most adventurous eater in the entire family! On a recent family vacation to Italy, he chose and happily consumed roasted pigeon, rabbit, sea bass (with head still on?!), and every fruit and vegetable he came across. Arugula salads are a particular favorite. Jenny's methodology truly changed our son's life. But it did more than that. It made a difference in the lives of our entire family. Mealtime is now an anticipated event. Restaurants are an adventure. And our beloved son, the little boy who didn't eat at all just a few years ago, is the ring leader.

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