



When Your Child Won't Eat or Eats Too Much

Irene Chatoor MD

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"Approximately 25 percent of otherwise normally developing young children experience feeding difficulties. These may not only be disruptive to the child's physical and emotional development, they also may affect the whole family. In *When Your Child Won't Eat or Eats Too Much*, author Dr. Irene Chatoor teaches parents how to navigate the challenges of early feeding development and help their children establish healthy eating habits.

Based on clinical experiences and research studies, Chatoor helps you understand your child's specific feeding problems—whether your child has difficulty feeling hunger, has difficulty determining fullness, refuses to eat certain foods, or is just plain scared to eat. *When Your Child Won't Eat or Eats Too Much* presents specific suggestions and practical tips on how to understand and manage each of these feeding problems while promoting a healthy eating environment for the whole family. It also describes how feeding difficulties can be prevented and how discipline can be established without resorting to coercive measures.

Chatoor, a pediatric psychiatrist who has made fundamental contributions in her field, helps parents better understand and deal with the challenges of early feeding development and the special feeding issues of their children."

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