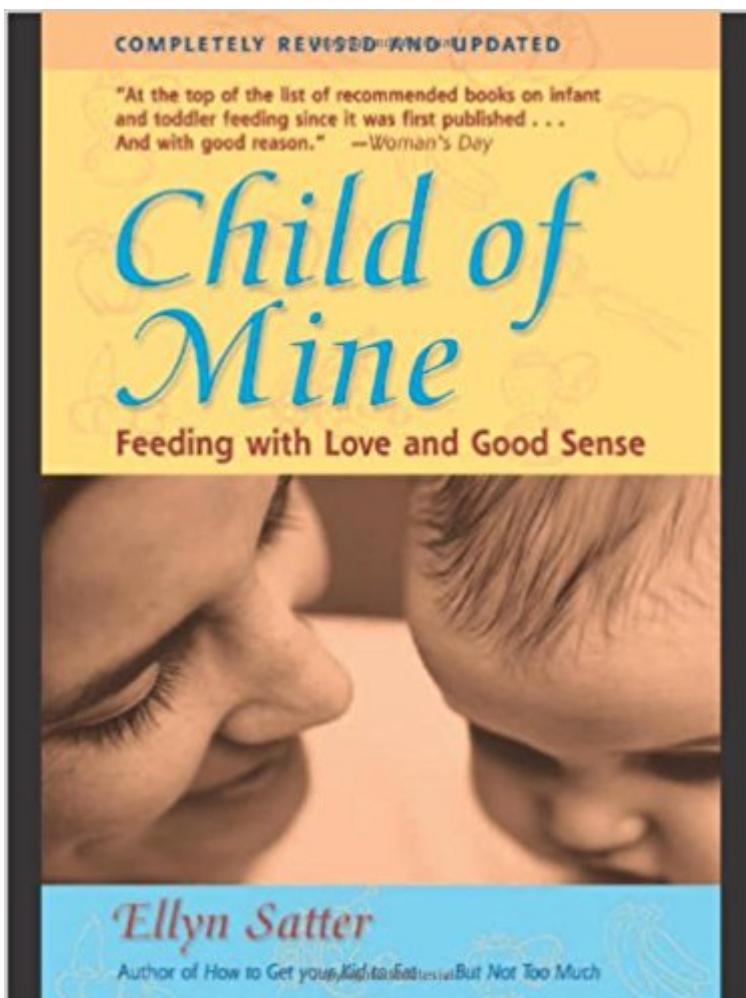


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# Child Of Mine: Feeding With Love And Good Sense, Revised And Updated Edition



## **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**

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## **Customer Reviews**

So there you all are, the five of you, finally sitting down at the dinner table. You, the mother, have managed to deliver a hot (or at least warm), nutritionally balanced (there is something green on the table), and home cooked (or close to) meal. Carefully, and with a sense of well-being, you dish it out and cut it up and place tidy plates of food in front of your first-grader, your pre-schooler and your toddler. Your husband helps himself. And as you, yourself, raise that first forkful to your lips, your first grader begins to push his food aimlessly around the plate, your pre-schooler shovels huge bites of pasta into his mouth, then pushes his plate away and announces he is waiting for desert (without having touched his broccoli), and your toddler throws all her food on the ground and screams delightedly, "uh-oh, uh-oh, uh-oh." Your sense of well-being vanishes, and you wonder, with your head in your hands, what, on earth, you've done wrong. If this scenario recurs almost daily at your house (as it does at mine), then you should BUY THIS BOOK. It is one of those rare parenting

books that actually gives you answers. It delivers them up in a friendly, no-nonsense style, based on the author's experience as a mother of three and as registered dietitian/clinical social worker. Ellyn Satter has seen it all, and we can all benefit from the wealth of her experience. After reading this updated and expanded edition, I have learned to let my children serve themselves from the serving dishes on the table, and then to sit back and not worry about what else happens. Satter's philosophy regarding feeding is that it is the parent's job to determine the what and when of feeding: what food gets offered and when.

I wrote a review of this book in 2011 stating that I had tried Satter's method for two years and was still on the fence about it's longterm prospects. It's been 3 more years, I've had another child (which always gives you a different perspective), I've spent a considerable amount of time around children at play dates and school settings, and I feel I have a better assessment of Satter's ideas and kids eating in general. Below is the gist of about 4 years worth of observations:<sup>\*</sup>You probably don't need to BUY this book. The core of Satter's ideas are laid out on her website, albeit it's kind of a circular journey going from link to link to link.<sup>\*</sup>This book's (or Satter's website's) overview of how children grow and how their appetites can change from age to age is invaluable. Kids aren't born with instruction manuals, and I know it made me feel better to learn that it's perfectly normal for a baby to self-wean and become more food-fixated at 9 months (not all are like that) and that it's not out of character for a 2-year-old to become a pickier eater.<sup>\*</sup>Satter's overriding premise (her "division of eating responsibility") - that the what, when, and where of eating are up to the parent and that the choice of how much (if any) to eat is up to the child - is a sane one and, if followed in a positive, easy-going manner throughout a child's development, leads to long term healthy eating habits. Satter's system has prevented me from becoming that parent who a.) anxiously follows her child around with a forkful of spinach, begging her to "eat healthy" or b.) caters to her kid's every food whim and therefore becomes a slave to the tastes of a 3-year-old (or ends up cooking 2 or more dinners every night). Satter's way is a nice middle ground.

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