



My Child Won't Eat!: How to enjoy mealtimes without worry

By Carlos González

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Parents everywhere worry when their baby or toddler doesn't seem to eat as much as they think he should. Carlos González, a paediatrician and father, sets those fears to rest as he explores the reasons why a child refuses food, the pitfalls of growth charts, and the ways that growth and activity affect a child's calorific needs. He discusses how eating problems start and how they can be avoided. *My Child Won't Eat* includes mothers' stories of the anguish and torment they have gone through in trying to get their children to eat.

Carlos González reassures parents that children know how much they need to eat and explains why a parent's only involvement should be in providing healthy food choices. Forcing a child to eat more than he needs can only lead to tears, tantrums and, eventually, possibly even obesity.

Questions Carlos González answers include:

- Why won't my child eat?
- How much does a child need to eat?
- Why don't children like vegetables?
- What does it mean to breastfeed on demand?
- When should my baby start to eat solid foods?

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Editorial Review

Review

"This splendid and easy-to-read book presents a common-sense approach to one of the biggest worries of parenthood. Dr. Gonzalez reminds us that children know a lot more about their nutritional needs than we give them credit for and that the problem is almost always ours, not theirs." Gill Rapley, co-author of Baby-led Weaning: Helping your baby to love good food

About the Author

Carlos González was born in Zaragoza, Spain, in 1960. He is a husband and father of 3 and also a pediatrician. He studied medicine in Barcelona, Spain. He originally came in contact with La Leche League in the late 1980s, and it changed his life and his career. He is currently a member of the La Leche League International Health Advisory Council. He teaches breastfeeding courses for health professionals, and writes books and magazine articles on child rearing for parents. *Mi niño no me come* was originally published in Spanish by Temas'de hoy (1999), with a revised edition published in 2004. It is also available in German and Italian. La Leche League International is proud to be publishing this popular book in English.

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