



HOPE's Book Recommendations for Adults

Great Books by Ellyn Satter, a leading expert on young children's eating:

Child of Mine; Feeding With Love and Good Sense

A warm, supportive, and entertaining book for parents about basic nutrition for infants and young children, and a solid nutrition reference for professionals. Covers breast feeding, bottle-feeding, learning to eat grownup food, and normal growth from infancy through preschool

How To Get Your Kid To Eat... But Not Too Much

This is the book about feeding dynamics. Based on a solid understanding of child development and parent-child relationships, firmly builds the bridge between nutrition and feeding. Offers specific advice on feeding children from infancy through adolescence, including feeding the sick child, eating disorders, childhood obesity, and poor growth.

Secrets of Feeding a Healthy Family

This new book by Ellyn Satter breaks the spell of negativity and fear that permeates our eating. Ellyn Satter empowers and inspires us to love - and cook - our favorite foods and teach our children to do the same. Secrets of Feeding a Healthy Family helps us past the barriers to getting a meal on the table - and eating it.

Your Child's Weight: Helping Without Harming

This groundbreaking book gives clear evidence that children gain too much weight because of how, not what they are fed. Satter's calming, practical and carefully documented voice empowers readers to feed well, parent well, and let children grow up to get bodies that are right for them. Packed with Satter's ever-popular feeding stories, Your Child's Weight offers clear guidance for professionals as well as parents.

**For more information about the Harris Obesity Prevention Effort (HOPE),
please visit our website at www.hopenyu.org**