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Let us help you become Fearless Feeders and raise healthy and happy eaters! We want to help parents conquer the fear that has resulted from feeding children in a complicated food world. Our book, Fearless Feeding, has a modern and comprehensive approach, covering child growth and development, feeding interactions, problematic eating and simplifying nutrition.

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Fearless Feeding is truly valuable resource for anyone who is responsible for feeding children. The book is loaded with proven strategies for raising healthy eaters, based in nutrition science and in child development. The childhood development piece is especially helpful because it helps parents know what's "normal" and what isn't.

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To avoid this mistake, feed on a structure at a designated place (3 meals and 2 -3 snacks) every 2-3 hours. Keep milk to about 2 cups and juice to only 4-6 ounces per day, with meals. Keep water the drink of choice between meals. 4.

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Keep milk to about 2 cups and juice to only 4-6 ounces per day, with meals. Keep water the drink of choice between meals. Get Off Track with Picky Eating: At toddlerhood, children become skeptical of new food and previously accepted items (especially veggies).

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