

- Implement strategies that will help them overcome their food aversions

The Proven Step Plan is based on the latest research on picky eating. It's written by a team of experts who have helped thousands of families overcome their feeding problems. With this book, you'll get the tools and support you need to help your child eat healthy and enjoy food again.

What's Inside the Book?

The Proven Step Plan is divided into three parts:

1. Part 1: Understanding Picky Eating

In this part, you'll learn about the different types of picky eating and the factors that can contribute to it. You'll also learn how to assess your child's picky eating and develop a plan to address their specific needs.

2. Part 2: The Proven Step Plan

In this part, you'll learn the step-by-step plan for helping your picky eater expand their food horizons. The plan is based on the principles of exposure, variety, and positive reinforcement. You'll also learn how to handle setbacks and troubleshoot common problems.

3. Part 3: Recipes and Resources

In this part, you'll find a collection of recipes that are designed to appeal to picky eaters. You'll also find a list of resources for parents of picky eaters, including websites, support groups, and books.

Who is This Book For?

The Proven Step Plan is for parents of children who are picky eaters. It's also helpful for professionals who work with picky eaters, such as pediatricians, registered dietitians, and feeding therapists.

What People Are Saying About The Proven Step Plan

"The Proven Step Plan is a lifesaver! My son has been a picky eater since he was a toddler. We've tried everything, but nothing seemed to work. After reading this book and following the plan, he's now eating a much wider variety of foods. I'm so grateful for this book!"

- Mom of a former picky eater

"As a pediatrician, I see a lot of picky eaters. The Proven Step Plan is the best resource I've found for parents who are struggling with this issue. It's comprehensive, well-written, and easy to follow. I highly recommend it to my patients."

- Pediatrician

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The Proven Step Plan is available in paperback and ebook formats. Free Download your copy today and start helping your picky eater expand their food horizons.

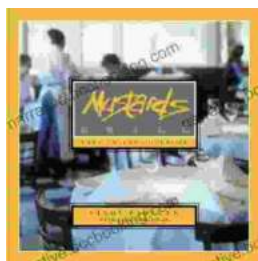
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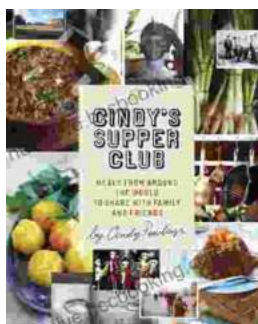
★★★★☆ 4.4 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 418 pages



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