



Just Two More Bites!: Helping Picky Eaters Say Yes to Food

Linda Piette

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Turn “Yuck!” into “Yum!”

How often do you find yourself begging or bribing your child to eat? Every parent experiences the frustration of picky eating, but how do you know if it’s just a passing phase—or cause for concern? Pediatric nutritionist Linda Piette has the answers that will help you solve the frustrating problem of infant, toddler, and preschooler mealtimes.

Filled with insightful and inspiring stories of many children’s struggles with food, *Just Two More Bites!* gives concrete help to frustrated parents with real-life answers for how to handle day-to-day food struggles. Inside, Piette will also tell you:

- How to make food more appealing to children
- Why your child loves a food one day and rejects it the next
- How to spot food allergies and digestion problems
- Mealtime Do’s and Don’ts

Just Two More Bites! will revolutionize mealtimes in your home and help you and your child enjoy food and develop a lifetime of healthy eating habits.

From the Trade Paperback edition.

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From reader reviews:

Elaine Bell:

Have you spare time for the day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a move, shopping, or went to the actual Mall. How about open or maybe read a book entitled Just Two More Bites!: Helping Picky Eaters Say Yes to Food? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have some other opinion?

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