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Titolo	The good parenting food guide : managing what children eat without making food a problem // Jane Ogden
Pubbl/distr/stampa	Chichester, England : , : Wiley-Blackwell, , 2014 ©2014
ISBN	1-118-71501-2 1-118-71490-3 1-118-71493-8
Edizione	[1st edition]
Descrizione fisica	1 online resource (244 p.)
Classificazione	PSY024000
Disciplina	613.2083 618.92 618.92/8526
Soggetti	Children - Nutrition Eating disorders in children Obesity in children Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Facts and theories -- 1. What is healthy eating? -- 2. How do we learn to like the food we like? -- 3. What does food mean to us and what role does it play in our lives? -- 4. Why are eating habits so hard to change? -- 5. Overweight and obesity: prevalence, consequences, and causes -- 6. Overweight and obesity: prevention and treatments -- 7. Eating disorders: prevalence, consequences, and causes -- 8. Eating disorders: prevention and treatments -- Tips and reality -- 9. "I don't have time to cook" -- 10. "My child won't eat a healthy diet" -- 11. "My child watches too much TV": tips for being more active -- 12. "My child eats too much" -- 13. "My child won't eat enough" --14. "My child thinks they are fat" -- 15. Take home points.
Sommario/riassunto	"The Good Parenting Food Guide offers straightforward advice for how to encourage children to develop a healthy, unproblematic approach to eating. Explores key aspects of children's eating behavior, including

how children learn to like food, the role of food in their life and how habits are formed and can be changed Discusses common problems with children's diets, including picky eating, under-eating, overeating, obesity, eating disorders and how to deal with a child who is critical of how they look Turns current research and data into practical tips Filled with practical solutions, take home points, drawings, and photos

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"The book describes current theory and research and turns this into practical tips for use in every day family life"--
