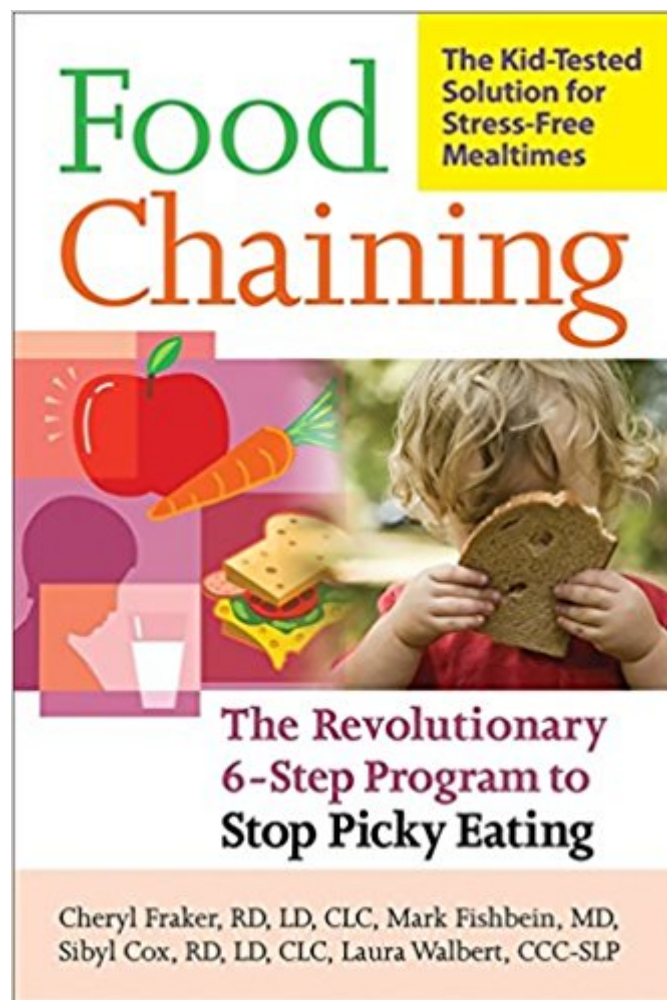




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Food Chaining: The Proven 6-Step Plan To Stop Picky Eating, Solve Feeding Problems, And Expand Your Child's Diet



Synopsis

Food Chaining The Proven 6 Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet by Fraker, Cheri, Fishbein Dr., Dr. Mark, Cox, Sibyl, Walbert, . Published by Da Capo Press, 2007, Binding: Paperback

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Customer Reviews

"'Food Chaining' [has treated] thousands of severely picky eaters." -- Wall Street Journal

Cheryl Fraker, RD, LD, CLC, is a registered pediatric dietitian and lactation consultant specializing in pediatric feeding disorders. Her articles have appeared in nutrition journals, and she frequently makes presentations and lectures on child eating habits nationwide. She lives in Springfield, Ill. Mark Fishbein, MD, is a pediatric gastroenterologist, who has written articles published in several medical and nutrition journals. His work with child eating habits has been featured in various media outlets, most recently in the Wall Street Journal. Currently Dr. Fishbein is an associate professor at the Division of Pediatric Gastroenterology, Southern Illinois University School of Medicine. He lives in Springfield, Ill. Sibyl Cox, RD, LD, CLC, is a pediatric dietician and certified lactation consultant at the Southern Illinois University School of Medicine. She provides nutritional assessment and dietary counseling to parents of children with feeding difficulties. Sibyl is a member of the Capital District Dietetic Association, Illinois Dietetic Association, American Dietetic Association and the American Society for Parenteral and Enteral Nutrition. She lives in Chatham, Ill. Laura Walbert, CCC-SLP, is a pediatric speech pathologist, lactation consultant, and pediatric oral feeding specialist with the

Pediatric Rehabilitation division of St. John's Hospital. She has appeared all over the US and Canada to present treatment methods for children with feeding disorders. She lives in Sherman, Ill.

Where was this book when I needed it years ago? It is particularly helpful for a parent with a child with feeding issues, and/or a professional who wants to understand what each member of a feeding team does (such as in an early intervention program.) Although I am a dietitian and have worked with Speech Therapists, Occupational Therapists, Developmental Therapists and Behaviorists with a feeding team, I learned more about what makes some kids defensive about food and what the role is for each team member. It seems elementary at times, but even the Pediatricians should read this to become more aware of what may be happening and where and whom to refer to when parents are concerned about feeding. The beginning of the book is mostly about each team member and their contribution to the process. One must have a clear and correct understanding of the individual feeding problem. The second part gets more into the exact process of what food chaining is and how to do it with different types of feeding issues. The process is very common sense, but usually needs professional input.

This book was recommended by my daughter's Speech-Language Pathologist who "coached" us through my daughter's feeding issues. My daughter, Della, is 3 years-old and has speech, mobility, and developmental delays from an unknown cause. She doesn't seem to have any aversion to different textures and as far as we can tell, no sensory issues. That being said, she is acting like a "normal" 12-18 month old child who is learning to assert her opinion through what she chooses to eat or not eat. Just like other children she will go from loving certain foods to completely refusing them seemingly overnight. When she was eating only a handful of foods I started to read "Food Chaining" looking for some easy answer or at the very least, a plan with all meals laid out in an order that would "fix" her picky eating habits. What I got from this book was that the "cure" is to find a link between what your child will eat now and what you want them to eventually eat later. Only you can customize this plan because you are raising your child and you know them best. Even the best laid-out meal plans won't fit every child. I once tried the "South Beach Diet" but I hated it because I didn't like many of the meals that were in their weekly "plan." So, Lesson #1- Use the guidelines and figure it out yourself. Yes, it is hard and time consuming and complicated and not "easy" but we are raising children here, not assembling a bookshelf. Lesson #2: Be persistent. You will throw away a lot of food. Period. Most children need to have a lot of exposure to new foods before they will readily eat it. Some children will only need to see it 4 or 5 times before eating it, others may need to be

exposed 20 times before they accept it into their diet. Once again, this is hard and time consuming and complicated and anything but easy. Keep at it! You are the key to your child's success! I think that many people are looking for a quick-fix. I know I was. I hate to say it, but there is no such thing. Otherwise, there wouldn't be so many people who feel frustrated that the past 6 books they've read on picky eating haven't worked. I know I was that way. Not every family will find this book helpful but if parents understand that this problem will take time, persistence, and some effort on their part, they will most likely find success when they implement the guidelines and methods laid out in "Food Chaining."

Good system for ultra-picky eaters, but requires huge effort from parents and caretakers, so compliance is an issue. I use this as my go-to recommendation for parents of children with narrow range of intake. Most families would still benefit from professional supervision on a regular basis to implement the principles outlined in the book.

Great info. Lots of examples. Good for parents and new (to feeding) therapist. On my recommendation list for parents on my caseload.

Great service, book arrived quickly and I read it completely the same day. Wonderful resource for feeding children who choose not to eat. Have had moderate success with my own child. Book presents a good plan and I will continue to follow their plan.

Very helpful material.

This book was nicely written. The approach was systematic. It did not give me any new ideas. However, that is because I was already familiar with this approach. While I don't agree with every inch of the book, I would still recommend it.

We are 100% satisfied with the purchase. No issues and works exactly as we envisioned. Highly recommend!!

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