



Your Child's Weight: Helping Without Harming

Ellyn Satter M.S. R.D. L.C.S.W. B.C.D

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As much about parenting as feeding, this latest release from renowned childhood feeding expert Ellyn Satter considers the overweight child issue in a new way. Combining scientific research with inspiring anecdotes from her decades of clinical practice, Satter challenges the conventional belief that parents must get overweight children to eat less and exercise more. In the long run, she says, making them go hungry and forcing them to be active makes children preoccupied with food, prone to overeating, turned off to activity, and likely to gain too much weight. Trust is a central theme here: children must be able to trust parents to provide as much food as they need to satisfy their appetites; parents must trust children to eat only as much as they need. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat.

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