



Overweight Children (Parent's Guide to...)

Vincent Dr. Lannelli, Paula Ford-Martin

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The essential guide to helping your child lose weight, develop healthy eating habits, and build self-confidence.. Avoid emotional heartache for you and your child with sound, sensitive advice from an expert taking you through infancy up to the teen years.. Understand the causes and the consequences, learning how to identify the problem and then deal with it through healthy eating and exercise and with the right support.. You will also find information on wider issues such as the importance of sleep and what to do when your child falls back into old habits - with this kind of help you will define and reach your goals as a family.

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