

Its Not Just Baby Fat: 10 Steps to Help Your Child to a Healthy Weight



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Reviews

Very helpful to all category of folks. It is actually rally exciting throgh studying time. I am easily will get a delight of looking at a created ebook.

(Prof. Isaiah Harber)

ITS NOT JUST BABY FAT: 10 STEPS TO HELP YOUR CHILD TO A HEALTHY WEIGHT



Bodega Books. Paperback. Book Condition: New. Paperback. 116 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Childhood obesity has reached epidemic proportions but dieting only increases the stigma that overweight kids experience and often results in weight gain rather than weight loss. Its NOT Just Baby Fat! offers parents 10 practical steps to help their children achieve a healthy weight without increasing the risk of an eating disorder. Dr. Edward Abramson, a leading expert on eating and weight disorders shows parents how they can encourage healthy eating, help their kids break away from TV and video games while promoting a positive body image for their children. Its NOT Just Baby Fat! is a user-friendly guide filled with real-world examples and easy to follow instructions that helps put an end to worry about your child's weight. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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