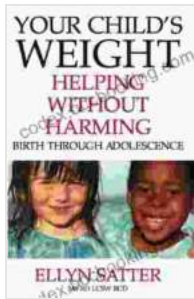


Your Child: Weight Helping Without Harming



Your Child's Weight: Helping Without Harming

by Ellyn Satter

★★★★☆ 4.4 out of 5

Language : English
File size : 7906 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 490 pages



A Comprehensive Guide to Raising a Healthy and Happy Child

As a parent, you want what is best for your child. You want them to be healthy and happy, and you want them to reach their full potential. But if your child is overweight or obese, you may be worried about their health and their future.

Childhood obesity is a serious problem. It can lead to a number of health problems, including heart disease, stroke, type 2 diabetes, and cancer. Obese children are also more likely to be bullied and to have low self-esteem.

The good news is that childhood obesity is preventable. With the right tools and resources, you can help your child develop healthy eating habits, maintain a healthy weight, and avoid the risks of obesity and other weight-related health problems.

Your Child: Weight Helping Without Harming is a comprehensive guide to raising a healthy and happy child. This book provides parents with the tools and resources they need to help their children:

- Develop healthy eating habits
- Maintain a healthy weight
- Avoid the risks of obesity and other weight-related health problems

Your Child: Weight Helping Without Harming is written by a team of experts in childhood obesity, including doctors, nutritionists, and psychologists. The book is based on the latest research on childhood obesity, and it provides parents with practical tips and advice that they can use to help their children live healthier lives.

If you are concerned about your child's weight, Your Child: Weight Helping Without Harming is the book for you. This book will provide you with the information and support you need to help your child reach a healthy weight and live a happy and healthy life.

Table of Contents

1. The Basics of Childhood Obesity
2. The Causes of Childhood Obesity
3. The Health Risks of Childhood Obesity
4. The Prevention of Childhood Obesity
5. The Treatment of Childhood Obesity
6. Resources for Parents

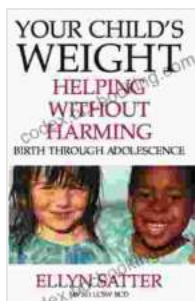
About the Authors

Your Child: Weight Helping Without Harming is written by a team of experts in childhood obesity, including:

- Dr. David Ludwig, MD, PhD, is a leading expert in childhood obesity. He is a professor of pediatrics at Harvard Medical School and the director of the New Balance Foundation Obesity Prevention Center at Boston Children's Hospital.
- Dr. Elsie Taveras, MD, MPH, is a pediatrician and public health researcher. She is a professor of pediatrics at Harvard Medical School and the chief of the Division of General Pediatrics at Boston Children's Hospital.
- Dr. Steven Gortmaker, PhD, is a professor of social and behavioral sciences at the Harvard T.H. Chan School of Public Health. He is also the director of the Harvard Prevention Research Center on Nutrition and Physical Activity.

Free Download Your Copy Today

Your Child: Weight Helping Without Harming is available for Free Download online and at bookstores nationwide. Free Download your copy today and start helping your child live a healthier life.



Your Child's Weight: Helping Without Harming

by Ellyn Satter

★★★★☆ 4.4 out of 5

Language : English

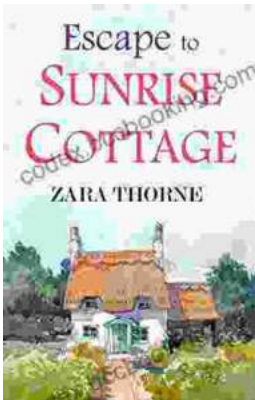
File size : 7906 KB

Text-to-Speech : Enabled

Screen Reader : Supported

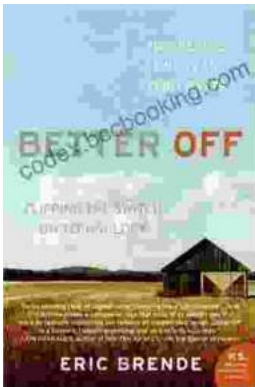
Enhanced typesetting : Enabled

Word Wise : Enabled
Print length : 490 pages



Escape to Sunrise Cottage: A Captivating Read You Won't Want to Miss

Are you ready for a heartwarming escape? Step into the enchanting world of Sunrise Cottage, where love, loss, and redemption intertwine in a captivating...



Flipping the Switch on Technology: A Life-Changing Guide to Mindful Use

In the digital age, technology has become an indispensable part of our lives. We rely on it for work, communication, entertainment, and...