

Stories of Extreme Picky Eating: Real-Life Accounts and Practical Strategies



Stories of Extreme Picky Eating: Children with Severe Food Aversions and the Solutions That Helped Them

by Jennifer Friedman

★★★★☆ 4.9 out of 5

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Word Wise : Enabled
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If you're at your wit's end with a picky eater, you're not alone. Millions of parents struggle with this issue every day. But there is hope. In *Stories of Extreme Picky Eating*, you'll find real-life accounts from parents who have been through it all, as well as practical strategies from experts on how to help your child overcome their picky eating habits.

What is extreme picky eating?

Extreme picky eating is a feeding disorder that can cause significant nutritional deficiencies. Children with extreme picky eating may only eat a handful of foods, and they may refuse to eat anything new. This can lead to weight loss, growth problems, and other health issues.

What causes extreme picky eating?

The causes of extreme picky eating are not fully understood. However, some research suggests that it may be caused by a combination of factors, including:

- Genetics
- Sensory sensitivities
- Learning difficulties
- Emotional issues

How to help a child with extreme picky eating

There is no one-size-fits-all approach to helping a child with extreme picky eating. However, there are some general strategies that can be helpful:

- **Be patient.** It may take time for your child to overcome their picky eating habits.
- **Don't force your child to eat.** This will only make the situation worse.
- **Offer your child a variety of healthy foods.** Don't be discouraged if they don't eat everything. Just keep offering them new foods and eventually they may start to try them.
- **Make mealtimes a positive experience.** Don't turn mealtimes into a battleground. Instead, try to make them as enjoyable as possible.
- **Seek professional help if needed.** If you're struggling to help your child on your own, don't hesitate to seek professional help. A therapist or dietitian can provide you with additional support and guidance.

Stories of Extreme Picky Eating

In *Stories of Extreme Picky Eating*, you'll find real-life accounts from parents who have been through it all. These stories are both heartbreaking and inspiring. They show that there is hope for even the most extreme picky eaters.

Here is a sample story from the book:



“My son, Ethan, was an extremely picky eater. He would only eat a handful of foods, and he refused to try anything new. I was at my wit's end. I didn't know what to do.

One day, I took Ethan to see a therapist. The therapist helped me to understand that Ethan's picky eating was a way of controlling his environment. He was afraid of new things, and he didn't want to eat anything that he didn't know.

The therapist gave me some strategies to help Ethan overcome his picky eating. We started by offering him a variety of healthy foods. We didn't force him to eat anything, but we kept offering him new foods. We also made mealtimes a positive experience. We talked about our day, and we played games. We didn't make a big deal about Ethan's eating. We just let him eat what he wanted.

It took time, but Ethan eventually started to try new foods. He even started to enjoy some of them. Now, he is a much

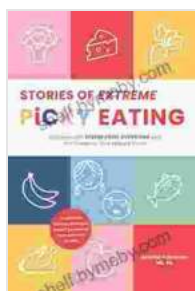
healthier eater. He still has some picky eating habits, but he is much better than he used to be.”

Practical Strategies for Helping Children with Extreme Picky Eating

In addition to the real-life stories, *Stories of Extreme Picky Eating* also provides practical strategies from experts on how to help your child overcome their picky eating habits. These strategies include:

- How to identify the root cause of your child's picky eating
- How to create a positive mealtime environment
- How to offer your child a variety of healthy foods
- How to deal with food refusal
- When to seek professional help

If you're at your wit's end with a picky eater, don't give up. There is hope. *Stories of Extreme Picky Eating* provides real-life accounts from parents who have been through it all, as well as practical strategies from experts on how to help your child overcome their picky eating habits. With patience and perseverance, you can help your child to become a healthy eater.



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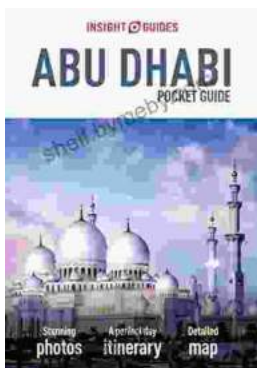
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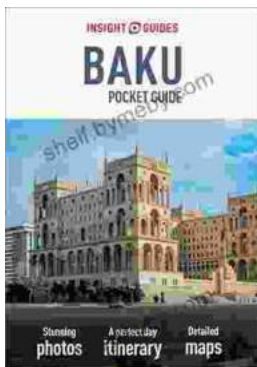
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