



Provide, Trust, Love (Then Introduce New Foods): A step-by-step solution to transform your child from picky eater to food-confident kid

Kristen Yarker MSc RD

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Support your child to try new foods on their own (without negotiations, deception, or being sneaky).

Dietitian Kristen Yarker shares her 5 years of experience working with hundreds of families with picky/fussy eaters to bring you insight into how many commonly-used feeding strategies inadvertently fuel 2 - 5 year olds' picky eating behaviour. Get all the simple, loving, scientifically-based strategies you need to provide good nutrition for your child today...and instil in them a life-long LOVE of healthy eating. Includes BONUS worksheets.

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