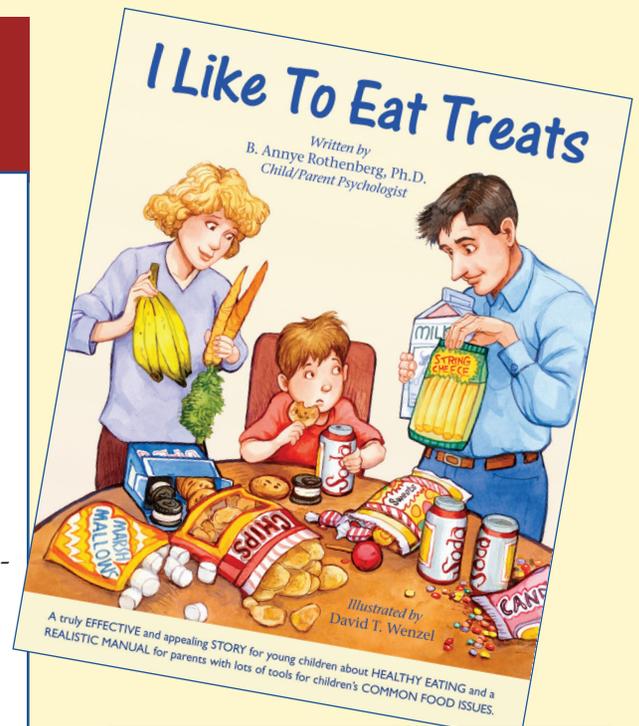


## For young children, parents, and parenting guidance professionals

**An All-in-One Book that focuses on a issue with clear life-long benefits: teaching youngsters what foods will keep them healthy and strong.**

**Annye Rothenberg, Ph.D.**, noted parenting psychologist and adjunct faculty, Pediatrics, at Stanford University School of Medicine, has written the third in a series of books for young children and their parents. **"I Like To Eat Treats"** includes an effective story that motivates young children to eat healthier foods. It includes a manual for parents, written in consultation with pediatric dietitians, including suggested quantities of food and nutritional balances based on age, gender, and activity levels of young children; how to introduce better foods, and get your children to eat them. It includes strategies for parents to be successful with picky eaters and overeaters; how to get kids to stay at the table; what are good rules for treats and snacks, and much more. **"Mommy and Daddy Are Always Supposed to Say Yes ... Aren't They?"** helps preschoolers and their parents know how much say and choice to give. **"Why Do I Have To?"** explains how young children think; how to get cooperation; and new, more effective consequences. **These award-winning books are some of the closest things to a User's Manual for parents out there!**



### I Like To Eat Treats

is a story for children

Jack loves to eat treats. His parents decide he's old enough to learn what the many kinds of healthy foods are for. As Jack and his parents shop for food for dinner, Jack really starts to understand. He imagines himself getting strong, tall, and lots more. He even learns why many families don't know enough about healthy food, and gets a chance to teach his best friend about healthy and treat food. This story, with its delightful illustrations, will actually make a valuable impact on your young child's understanding of nutrition.

and includes a manual for parents

Gives parents up-to-date, realistic guidance on common food questions: How much and what should young children eat? How do you get your children to eat food that's good for them? How do we teach children acceptable eating behavior? What about picky eaters—how do we get them to try new foods? What are good rules for treats and snacks? How do we change the overeater's habits and encourage our sedentary children to be more active? You'll also find out how to keep up with the latest nutritional information. This guidebook will build your knowledge and give you many new tools in this key area of childrearing and lifelong health.

★ **"This book is the best of both worlds**—an entertaining book for children that successfully introduces them to healthy eating and an informed guide for parents that points out the challenges that food issues can create. The book walks parents through solutions that are easy to apply and will get them securely on the right track. **A great resource for health-minded parents and educators.**"

—Marilyn Tanner-Blasiar, MHS, RD, LD;

Spokesperson for the American Dietetic Association and Pediatric Dietitian, Washington University School of Medicine and St. Louis Children's Hospital

★ **"Annye Rothenberg is a master at equipping parents with a pathway to making healthy eating a fun, whole-family experience."**

—Jamie Holden, Director, Trinity Presbyterian Nursery School, and Parent Educator, San Carlos, CA

★ **"This book offers great nutritional, behavioral, and social guidance that make this book a must-read."**

—Lisa and Rick Deming, parents of a 6-year-old girl

★ **"Dr. Rothenberg's newest book provides a story for young children that engages their imagination and teaches about nutrition—at just the right level. The section for parents about healthy eating is clear, concise, and full of practical ideas to start using right away. I'm very eager to recommend this book to my patients."**

—Kelly Troiano, MD; Chief of Pediatrics, El Camino Hospital, Mountain View, CA; and mother of two (ages 4 and 6)



All three books, **"I Like To Eat Treats," "Mommy and Daddy..."**, and **"Why Do I Have To?"** are available directly from the publisher

• [www.PerfectingParentingPress.com](http://www.PerfectingParentingPress.com) • call (810)388-9500  
• fax (810)388-9502 • mail 35 Ash Drive, Kimball, MI 48074

These three books are also available from [www.Amazon.com](http://www.Amazon.com)

ISBN 978-0-9790420-2-7

Full-color illustrated

8" x 10" • 48 Pages

\$9.95 • Quality Paperback

Publication date January 2010