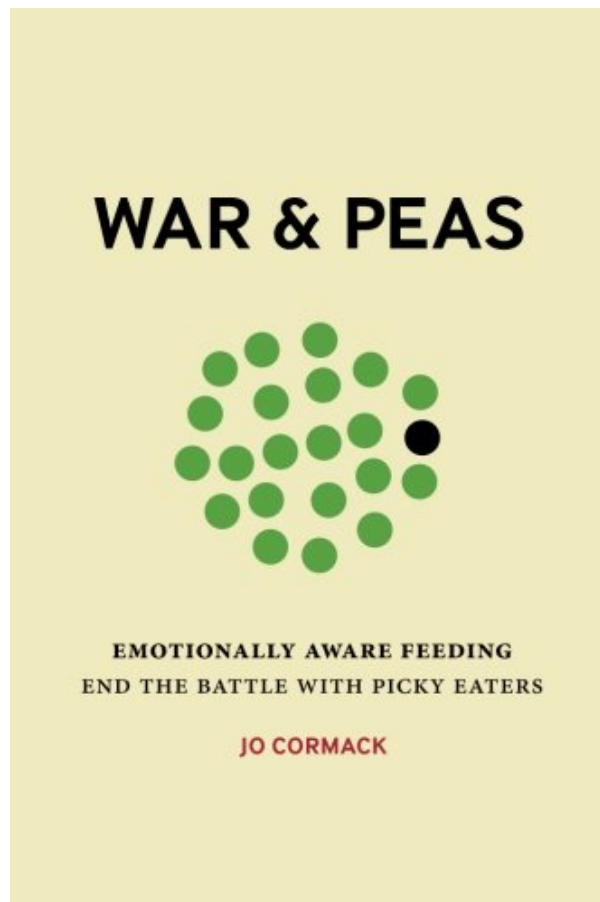


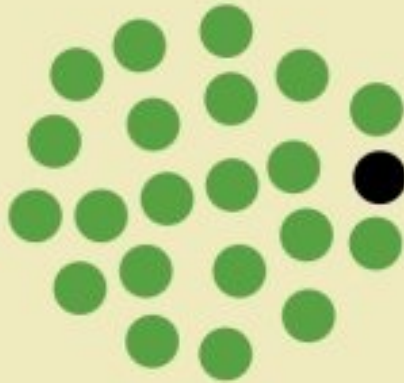
**WAR & PEAS: EMOTIONALLY AWARE
FEEDING - END THE BATTLE WITH PICKY
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About the Author

Jo Cormack is a therapist specialising in working with children and adolescents. She is also mum to three daughters and has been a registered foster carer. Her interest in picky eating began when her eldest child was a toddler. Jo noticed striking parallels in the way in which her young daughter and her teenage clients with eating disorders used food to challenge boundaries and strive for control. She began to explore ways of disentangling food from feelings, and EAF was born. Jo blogs about picky eating at <http://www.ea-feeding.com> .

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If you are worried about your child's picky eating, War & Peas has the answers you need. Therapist Jo Cormack turns conventional parenting techniques on their head, introducing readers to EAF (emotionally aware feeding). This is not a book about what to feed children, but how. EAF is a simple approach based on research and psychological theory. It will revolutionise the way you look at mealtimes and give you clear principles to follow. Once you understand the emotional and behavioural side of picky eating, you're on the road to making mealtimes happy again. Who the book is for: War & Peas is primarily written for the parents of young children aged 18 months to eight years. It is aimed at families where there are no complex medical reasons for problematic eating but somehow feeding has gone awry.

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2 of 2 people found the following review helpful.

Wonderful! Just what I needed.

By Sarah

A few weeks ago, I decided it was time to change the way we did things for meals in this house.

I was a short order cook, and the children basically dictated the food they ate. It was nice at first, but soon meals became a headache. I did not enjoy sitting at the table, nagging my 5 year old to eat every few minutes. Nor did I enjoy watching my 3 year old once again eat the SAME food he ALWAYS ate at each meal time. I started to implement some changes. But I needed some fine tuning.

That's where this book comes in. It's exactly what I needed. While I didn't agree with some points mentioned in the beginning of the book, the whole concept of EAF (Emotionally Aware Feeding), I completely agreed with! I soaked it all in, and started to implement it right away.

It was refreshing to hear the words "This isn't a quick fix" "Be consistent" etc. Because, reality, when you want to mold your children, sometimes it's hard and takes time. I appreciated her honesty with this method. Stick to it, and you WILL see results. But it may take time to see them. Yet, it's SO worth it!

I can say at about 3 weeks, I am starting to see results. My 5 year old eats what we have for dinner, and I stand shocked sometimes.. He will even TRY new things! *mouth wide open!* My 3 year old does not eat the same meal everyday for all the meals, he actually enjoys new foods now.

My husband declared this method "Less stressful". I agree. It has brought the stress level down.

If you struggle at the table with your children, and feel like giving up. Read this book. If you stick to it, you will be pleasantly surprised at the results.

2 of 2 people found the following review helpful.

we now enjoy peaceful mealtimes and no longer resort to negotiations

By L. Ragan

War and Peas absolutely transformed supper time at our house. We have two boys, ages 10 and 8, and we used the term "picky eater" freely at our house. The list of foods that they were willing to eat just kept getting smaller and smaller...chicken nuggets, mac and cheese, etc. And battles at mealtime were increasing. With Jo's help, we now enjoy peaceful mealtimes and no longer resort to negotiations, begging, bribing, etc. to get them to eat. I would recommend this book to any parent who dreams of peaceful meals with kids.

1 of 1 people found the following review helpful.

Simple concept. Looking forward to implementing the ideas

By Robert Steiner

A very easy read and some good guidelines. I would definitely recommend it for anyone who has a "picky" eater. Looking to get started with my son (3rd son) after the holidays and eagerly anticipate getting the "drama" out of the kitchen.

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