



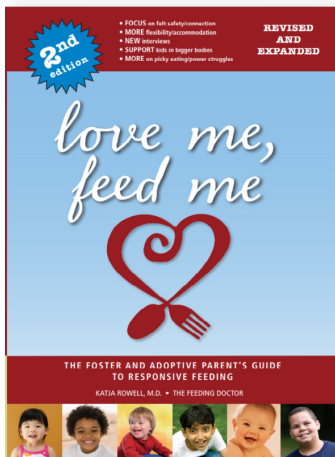
Love Me, Feed Me

The Foster and Adoptive Parent's Guide to Responsive Feeding

Second edition at Amazon

Katja Rowell, MD, aka "The Feeding Doctor"

"I wish I had read Love Me, Feed Me before we had our son with us. It would have saved us so much worry and heartache."



This relationship-building, practical guide helps caregivers bring peace to mealtimes, let go of unnecessary worries, and helps children and teens do their best with eating. With a focus on felt safety and connection, caregivers discover what works for their families.

Gain a foundation of understanding, and address feeding challenges from simple picky eating to food preoccupation (hoarding), oral motor and developmental delays, even feeding clinic "failures."



2nd Edition Includes

- Clear information on how felt safety promotes physical and mental wellbeing.
- New interviews.
- More flexibility and accommodation with sensory differences, neurodivergence, and brain-based differences.
- Support for higher-weight kids.
- More on picky eating and power struggles.

...and so much more!

Ideas for handling sweets, nutrition reassurance, screens, cooking with neurodivergent teens, stage-specific guidance, and chapters dedicated to picky/selective eating, food preoccupation, and weight worries. A thorough index and clear headings guide readers to relevant information.

It's a resource to come back to again and again.