



Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive

Judy Converse

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Good news for parents of special- needs kids: a proven approach to everyday meals that fosters learning and development.

Any parent of a child with autism, Asperger's, ADHD, sensory processing disorder, or other developmental disabilities knows that special-needs kids often have food sensitivities and can be very fussy eaters. Plus, they've been told to avoid such common ingredients as gluten and casein, making it even harder to give them the balanced, healthy meals all children need.

Now, Judy Converse, a registered, licensed dietitian, offers new advice and guidance on how to use food as an essential tool for development. Based on the latest research, *Special-Needs Kids Eat Right* includes:

- ? Simple substitutions that can be easily customized to suit any child's needs
- ? Advice for helping the whole family?along with school staff and caregivers?adjust and take part
- ? Strategies and tips for staying on track at restaurants, holiday gatherings, school parties and lunches, and overcoming obstacles
- ? Shopping and resource guides
- ? A long-term program for measuring progress and making adjustments

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From reader reviews:

Frank Hudson:

This Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive usually are reliable for you who want to be a successful person, why. The explanation of this Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive can be among the great books you must have is definitely giving you more than just simple reading food but feed you with information that possibly will shock your prior knowledge. This book is actually handy, you can bring it everywhere you go and whenever your conditions at e-book and printed types. Beside that this Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive forcing you to have an enormous of experience for example rich vocabulary, giving you trial of critical thinking that we know it useful in your day pastime. So , let's have it appreciate reading.

Terry Tatum:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive, you may enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't have it, oh come on its known as reading friends.

Silvia Smedley:

Would you one of the book lovers? If so, do you ever feeling doubt while you are in the book store? Attempt to pick one book that you find out the inside because don't evaluate book by its handle may doesn't work here is difficult job because you are frightened that the inside maybe not seeing that fantastic as in the outside search likes. Maybe you answer can be Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive why because the amazing cover that make you consider regarding the content will not disappoint a person. The inside or content is actually fantastic as the outside or perhaps cover. Your reading sixth sense will directly direct you to pick up this book.

Irving Tarkington:

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