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# ITS NOT JUST BABY FAT: 10 STEPS TO HELP YOUR CHILD TO A HEALTHY WEIGHT



Bodega Books. Paperback. Book Condition: New. Paperback. 116 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Childhood obesity has reached epidemic proportions but dieting only increases the stigma that overweight kids experience and often results in weight gain rather than weight loss. Its NOT Just Baby Fat! offers parents 10 practical steps to help their children achieve a healthy weight without increasing the risk of an eating disorder. Dr. Edward Abramson, a leading expert on eating and weight disorders shows parents how...

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- Authored by Edward Abramson
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