

## PRESENTATION

BY THEOKLI KOTSIFAKI

### *Lucky Babies, Inspired Parents*

**"Lucky Babies, Inspired Parents: For a Different Preschool Nutrition"** is the title of the new book by pediatrician and author Stelios Papaventsis, recently released by Patakis Publishers. The book is a worthwhile tool for parents who want to help their kids develop healthy attitudes about their food and diet. With recognizable stories and examples, moms and dads can gain insights into ways of promoting and instilling healthy eating habits in their children.

Based on principles formulated by psychologist Alfred Adler, according to whom "a misbehaving child is a discouraged child," Papaventsis urges parents to help their kids feel independent as

this is the best way for them to cope with difficult food-related behaviors.

In order for youngsters to become health-conscious individuals, parents must encourage them to understand their actual appetite regarding the amount of food they consume. As it is the case in other stages in a child's development, such as learning to walk and talk, developing a healthy attitude toward food

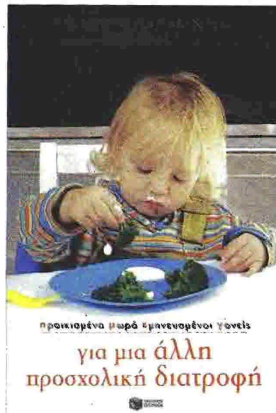
requires constant reminders, encouragement and a great deal of patience on the part of parents. Correct or destructive dietary habits are established within the first two or three years of a child's life, Papaventsis says.

Simple things can work miracles, Papaventsis explained to Athens Plus. "From the very beginning, when just a newborn and being breastfed, a child should be allowed to have complete leeway as regards the amount of the food it requires. The same is true later, when as a toddler it learns to use cutlery to eat without assistance. At this stage, children need to taste and experiment with different foods to determine what or how much he or she needs to feel full."

"The problem at this point," added the physician, "is that usually the mother forces the child to eat rather than listening to her child. Such authoritative behavior," he continued, "could lead to food-related disorders such as obesity or anorexia nervosa, depending on the child's temperament."

When queried about the other factors that play a significant role in developing healthy attitudes toward food, Papaventsis said that, apart from being taught well, other determining factors include the child's character, advising parents to pay attention to particularities as well as avoiding making comparisons with other children.

Asked about what parents should do when kids obstinately refuse to eat foods that are good for them, Papaventsis insists that it is normal for them to go through a phase where they reject healthy foods. This could be temporary or permanent, depending on the stance taken by the parents.



Stelios Papaventsis's first publication, "Praksimena mora, empnefsmeni gonis" (Lucky Babies, Inspired Parents), includes tips and tactics to help parents establish a healthy relationship with their children. For further information, log on to [www.patakis.gr](http://www.patakis.gr).