



# Raising Happy, Healthy Children: A practical guide to parenting and nutrition

*Sally-Ann Creed*

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Raising a child today can be a daunting task – the responsibility is enormous; the challenge is one few first-time mums are ready for; and knowing the right thing to do is often learned by trial and error rather than having someone take us through the steps to being a good parent. In *Raising Happy, Healthy Children* Sally-Ann Creed and Andalene Salvesen bring together two of the most important aspects of raising a healthy child – discipline and a healthy diet. By implementing suggestions which have been proven in practice for many years, you may find your task easier in a multitude of ways. This book is designed to be a quick-reference, practical guide for common discipline and diet dilemmas. It takes you through the stages from pregnancy to 6 years covering topics like:

How to deal with tantrums effectively •

How diet affects behaviour •

Eating and sleeping problems

Understanding different temperaments •

Healthy lunch box ideas•

Childhood is a time for being carefree, healthy and happy. Read *Raising Happy, Healthy Children* and learn how to raise children who are emotionally and physically healthy.

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