Why Feeding Kids Feels So Personal Transcript

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Introduction to Safe Feeding

Most parents don't come into my office asking about vitamins, carbs, or food labels. They say things like, he won't eat anything green. Or, she eats fine at daycare but not at home.

Sometimes I hear, am I doing this right? And honestly, the truth is, most of you are doing better than you think. Food isn't just nutrition in our communities, it's love, its history.

Food, Culture, and Parenting Pressure

It's how we celebrate, how grieve, and how stay connected. So, you know, when someone says change what's on the plate, they can feel personal, even judgmental.

But that's not what this work is about. This isn' t about perfect meals, expensive foods, or blaming parents. Its about giving your child a safe, healthy start, one plate at a time.

I've spent decades as a pediatrician and allergist caring for children from every background.

Early Food Habits and Long-Term Health

And what I have learned is simple early food habits shape health for years. Not just weight, but allergies, asthma, confidence, and even how kids see themselves.

And here's the part no one really tells parents. You don't need to get everything right. Just get enough right, often enough. A safe plate isn't about restriction.

It's about balance. Its about knowing when to push, when the pause, and well, to just let kids be kids.

Practical Guidance for Raising a Healthy Eater

In a safe place, I'll help you understand what children need at different ages, recognize real food reactions, navigate picky eating and protect health without fear or shame.

We don' need medical training to raise a healthy eater. You just need clear information, realistic guidance, and honestly, permission to breathe. That's what this book is here to give you.

One plate, one child, One family at a time. A safe plate by Dr. Michael Lenoir.