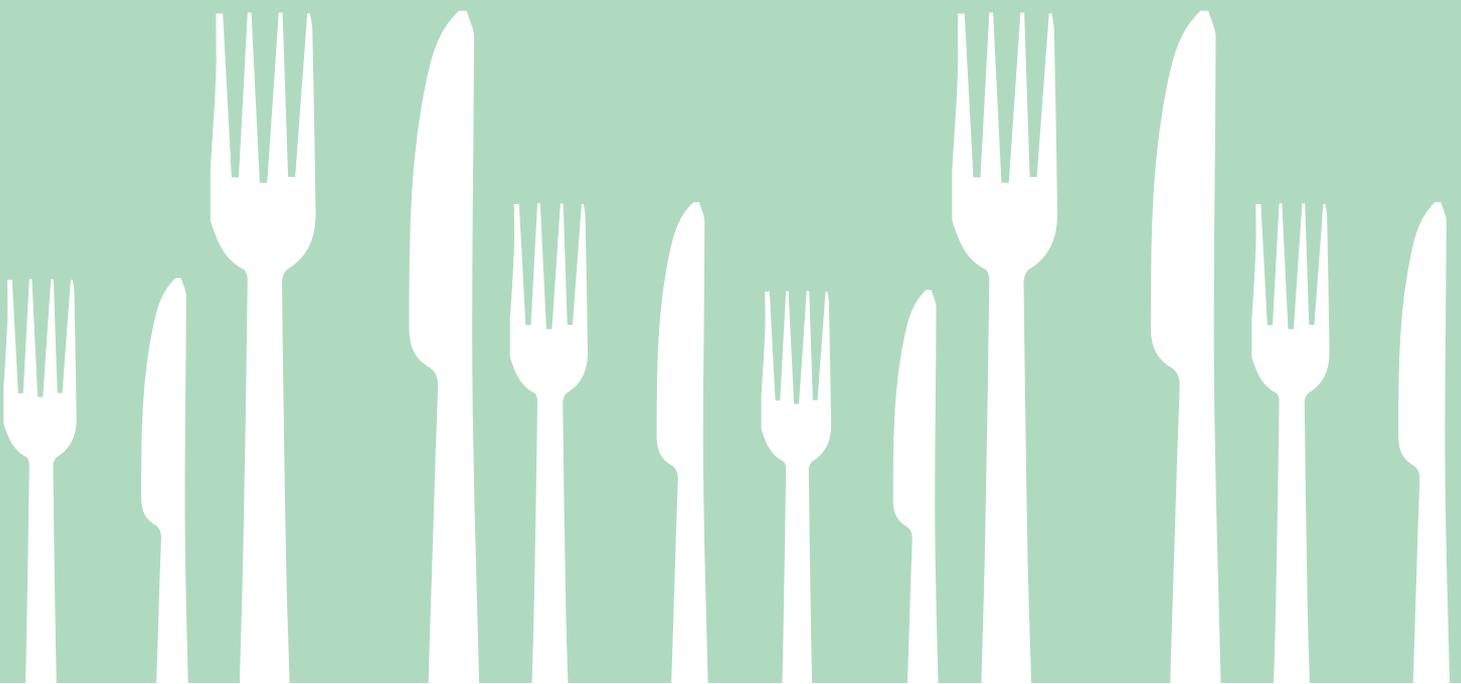




# *Your guide to* **ONLINE FEEDING RESOURCES**

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[www.emotionallyawarefeeding.com](http://www.emotionallyawarefeeding.com)



There is such a clamour of voices online these days, offering parenting advice and information. Sometimes it can feel really hard to know what to trust, or even to know where to start.

On the other hand, if you know where to look, the internet can be a fantastic source of support - I decided to put together this guide to give you a list of feeding resources that I like and trust.

Inaccurate or misinformed feeding advice is a dangerous thing - check out these fab sites for advice you can rely on.



# My top ten feeding websites

1

[WWW.RAISEHEALTHYEATERS.COM](http://WWW.RAISEHEALTHYEATERS.COM)

Run by 'Family Nutrition Expert', **Marianne Tomovitch Jacobsen** (also a registered dietitian and parent) this site is packed full of great information on... you've guessed it... how to raise healthy eaters in your family.

2

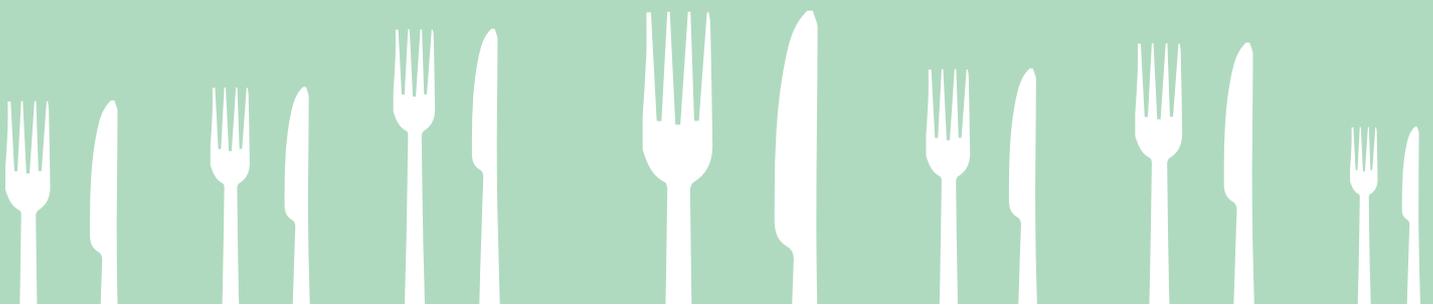
[WWW.TRIBECANUTRITION.COM](http://WWW.TRIBECANUTRITION.COM)

This site is home to registered dietitian **Natalia Stasenko** - Natalia shares great strategies for feeding kids of all ages. As well as her professional understanding of picky eating, Natalia also has first hand experience of parenting a picky eater.

3

[WWW.PLAYWITHFOOD.COM.AU](http://WWW.PLAYWITHFOOD.COM.AU)

Australian **Simone Emery** runs this site - it's SO full of golden nuggets for parents. Simone is a fussy eating specialist and assistant feeding therapist - she's especially knowledgeable about supporting children with sensory processing issues.





[WWW.MYMUNCHBUG.COM](http://WWW.MYMUNCHBUG.COM)

I am a huge fan of **Melanie Potock** of My Munch Bug. Melanie speaks and writes widely about paediatric feeding and is an experienced Speech & Language Pathologist specialising in the assessment and treatment of feeding disorders.



[WWW.PEDIATRICFEEDINGNEWS.COM](http://WWW.PEDIATRICFEEDINGNEWS.COM)

If you have a child with chewing or swallowing issues, you NEED to sign up to this newsletter. Run by **Krisi Brackett**, a US Speech Pathologist with over 20 years of experience, this site is dedicated to sharing the latest news in the field.



[WWW.SARAHREMMER.COM](http://WWW.SARAHREMMER.COM)

**Sarah Remmer** is a registered dietitian and nutritionist who writes widely about feeding kids. I love her advice, which is always spot on - and she has some great recipes too.



[WWW.FEEDINGMYKID.COM](http://WWW.FEEDINGMYKID.COM)

This site, run by **Renee Selzer**, a parent whose mission to learn about feeding kids has led to the establishment of this amazing online community, is a treasure trove of feeding resources.



[WWW.CHILDFEEDINGGUIDE.CO.UK](http://WWW.CHILDFEEDINGGUIDE.CO.UK)

I love this site, put together by UK academics from Loughborough University. All the strategies you will find here are research-based, and there are some great tools you can access via the site, to support your child's eating.



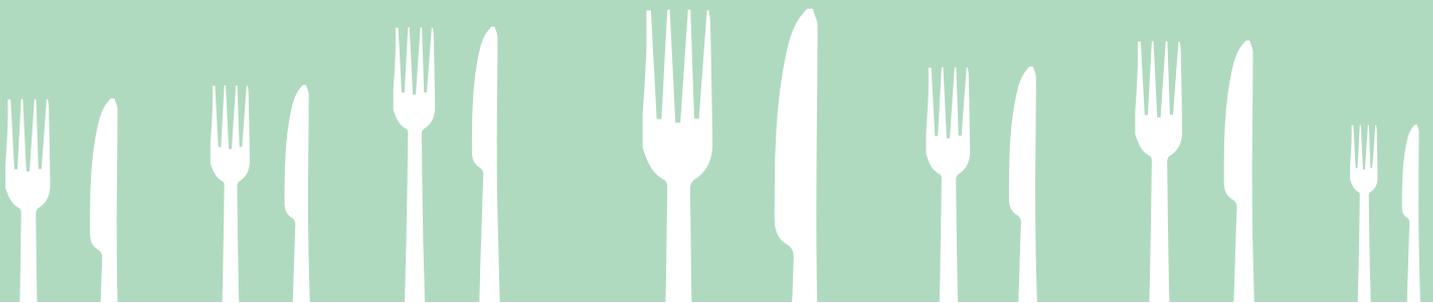
[WWW.EXTREMEPICKYEATING.COM](http://WWW.EXTREMEPICKYEATING.COM)

**Katja Rowell**, a medical doctor, and **Jenny McGloghlin**, a speech and language pathologist, team up to offer parents their impressive combined expertise.



[WWW.REALMOMNUTRITION.COM](http://WWW.REALMOMNUTRITION.COM)

As the name suggests, registered dietitian **Sally Kuzemchak**, provides down-to-earth advice on feeding your family. I love Sally's stance on snacking and her great recipes too.





I hope you've enjoyed this foray into online feeding resources - it's by no means a comprehensive guide; there's so much good stuff out there. But it's a great place to start.

Oh, and did I mention I blog about all things food and feeding over at [www.emotionallyawarefeeding.com](http://www.emotionallyawarefeeding.com) ? My specialism is the emotional, psychological and behavioural aspects of feeding children and I love to help parents access the latest information and research.

*Come and find me over on **facebook** or **twitter** and share your favourite online feeding resources.*

*Wishing you happy mealtimes,*



*Jo*  
*xx*

Jo Cormack is a UK based therapist and feeding consultant. She helps parents all over the world give their children a great relationship with food.

