



Anxious about your child's nutrition?

Not sure how to support sensory and nervous system differences?

Worried about your child's growth or weight?

Trying and failing to get your child to eat more, less, or different foods?

HELPING YOUR CHILD  
**WHEN**  
MEALTIMES  
ARE HARD



LOVING SUPPORT FOR ANXIOUS EATING,  
WEIGHT AND NUTRITION WORRIES,  
*and*  
EVERYTHING IN BETWEEN

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**trauma  
informed**

Discover  
practical solutions  
that work  
for your family.

