Raising Healthy Children. "This book is the ONLY book you need to read to prepare for your baby!" "Do yourself a favor and buy this book for yourself if you are pregnant or for any of your pregnant friends/relatives. This is a must have. It will help you navigate through the confusion of pregnancy. This book provides clarity on many baby issues and will help arm you with the best knowledge so that you can ensure a great start on your journey through pregnancy and birth. They are leaders in the campaign to raise children on nutrient-dense diets and to treat childhood illnesses with natural therapies. Both serve on the Board of Directors of the prestigious Weston A. Price Foundation, which is dedicated to providing the knowledge parents need for raising optimally healthy children. More Cooking with children provides an opportunity to teach them which foods are healthy and why. It can spark questions about where our food comes from and how it is made. The book includes a section on tips for cooking with children. This book can serve as an opportunity to turn your kitchen into a classroom! I am so excited that Nourishing Traditions now has a cook book for Children. I want my children to change the way they eat. I have gone back to eating and cooking the foods that my mother and grandmother made, recipes that are a primer to Nourishing Traditions – culturing and preparing milk products, grains, beans, nuts, seeds, dark greens, and broths....