

**Helping Your Child with Extremely Picky Eating** - <https://amzn.to/2X4Jq8G> - book by Dr. Katja Rowell, MD (a.k.a. The Feeding Doctor) and speech pathologist Jenny McGlothlin MS CCC-SLP

**Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More** - <https://amzn.to/2J7HC4M> - book by Katja Rowell, MD

**Tips for Handling Picky Eaters When Fostering or Adopting** - <https://creatingafamily.org/foster-care/fostering-blog/tips-picky-eaters-fostering-adopting/> - a [CreatingaFamily.org](https://CreatingaFamily.org) guest article by Katja Rowell, MD

**Healing from Food Insecurity: Beyond the Stash** - <https://nacac.org/resource/healing-from-food-insecurity/> - an article from North American Council on Adoptable Children (NACAC) by Katja Rowell, MD and adviser Erika Shira, LMHT, MT-BC

**An Eating Disorder Specialist Explains How Trauma Creates Food Disorders** - <https://youtu.be/7VZNGgDjsMo> - a YouTube video from [VICE](https://www.vice.com) productions

**How Do I Handle Manipulation and Control** - [https://youtu.be/HJ\\_aAfFyhFo](https://youtu.be/HJ_aAfFyhFo) - a YouTube video from [Empowered to Connect](https://www.empoweredtoconnect.org), featuring the late Dr. Karyn Purvis

**The IDEAL Response: How to Maintain Connection When Correcting Your Child** - <https://creatingafamily.org/foster-care/fostering-blog/the-ideal-response-how-to-maintain-connection-when-correcting-your-child/> - an article by [CreatingaFamily.org](https://CreatingaFamily.org)

**Food/Eating Issues and Children in Foster Care** - <https://youtu.be/y9Kb8HHwnvM> - a YouTube video from [Blank's Children's Hospital](https://www.blankchildrenshospital.org), of Unity Point Health

**Help Teens Learn to Control Emotions** - <https://parentandteen.com/self-regulation/> - an article by [Center for Parent and Teen Communication](https://www.centerforparentandteencommunication.org), at Children's Hospital of Philadelphia

**Food Issues** - <https://thechildpsychologyservice.co.uk/advice-strategy/food-issues/> - an article with links to resources, by [The Child Psychology Service](https://www.thechildpsychologyservice.co.uk)

**Interoception and sensory processing issues: What you need to know** - <https://www.understood.org/en/articles/interoception-and-sensory-processing-issues-what-you-need-to-know> - an article written by Amanda Morin for [Understood.org](https://www.understood.org)