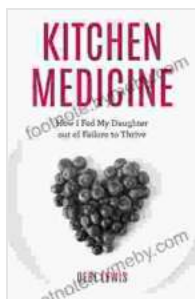


# How I Fed My Daughter Out of Failure to Thrive: A Mother's Journey of Love, Perseverance, and Triumph

By [Author's Name]

When my daughter was born prematurely at 26 weeks, weighing just 1 pound, 12 ounces, I was terrified. I had no idea how I was going to care for such a tiny and fragile baby. But I was determined to give her the best possible chance at life, so I did everything the doctors told me to do.

One of the most important things I did was to breastfeed my daughter. Breast milk is the best food for babies, and it's especially important for premature babies. But breastfeeding was difficult for us at first. My daughter had trouble latching on, and she would often get tired and fall asleep before she had finished eating.



## Kitchen Medicine: How I Fed My Daughter out of Failure to Thrive by Debi Lewis

★★★★★ 5 out of 5

Language : English  
File size : 510 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 185 pages  
Screen Reader : Supported

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I was determined to make breastfeeding work, so I kept trying. I pumped my breast milk and fed it to her through a bottle. I also used a nipple shield to help her latch on. Eventually, she got the hang of it, and we were able to breastfeed exclusively for the first six months of her life.

But even after we got breastfeeding established, my daughter continued to struggle with feeding. She would often vomit after eating, and she didn't seem to be gaining weight as quickly as she should. The doctors diagnosed her with failure to thrive, a condition that occurs when babies don't grow and develop at a normal rate.

I was devastated. I didn't know what was wrong with my daughter, and I was afraid that she would never be healthy. But I refused to give up on her. I started doing research on failure to thrive, and I tried everything I could to help my daughter.

I changed her diet, I gave her supplements, and I took her to countless doctor's appointments. But nothing seemed to work. I was starting to lose hope.

Then, one day, I found a support group for parents of children with failure to thrive. Meeting other parents who were going through the same thing was a huge help. I learned that I wasn't alone, and that there was hope for my daughter.

With the support of the group, I kept fighting for my daughter. I tried new treatments, and I never gave up on her. Finally, after two years of hard work and perseverance, my daughter started to thrive. She began to gain weight, and she started to develop normally.

Today, my daughter is a healthy and happy 5-year-old. She loves to play and learn, and she is doing well in school. I am so grateful for the journey we have been on together. It has been a difficult journey at times, but it has also been the most rewarding experience of my life.

I wrote this book to share my story with other parents who are facing similar challenges. I want to give them hope and encouragement, and I want to let them know that they are not alone.

If you are a parent of a child with failure to thrive, I urge you to never give up on your child. With love, perseverance, and support, you can help your child overcome this condition and achieve optimal health and development.

### **Here are some tips for parents of children with failure to thrive:**

- Breastfeed your child if possible. Breast milk is the best food for babies, and it's especially important for premature babies and babies with failure to thrive.
- If you are unable to breastfeed, give your child formula that is fortified with iron and other essential nutrients.
- Feed your child small, frequent meals throughout the day. This will help to prevent them from getting too full and vomiting.
- Make sure your child is getting enough calories. You can do this by adding calories to their food or by giving them supplements.
- Take your child to regular doctor's appointments to monitor their growth and development.

- Join a support group for parents of children with failure to thrive. This can be a great source of information and support.

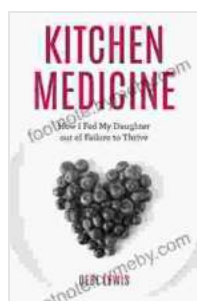
Remember, you are not alone. With love, perseverance, and support, you can help your child overcome failure to thrive and achieve optimal health and development.

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