

V for victory

I can't thank you enough for the article by Fiona Faulkner (September issue). I have a two-and-a-

half-year-old who struggles to eat veg. Following the article's advice I took my daughter shopping with me to choose the vegetables and let her help me prepare the meal, making the food into faces on her plate. All this has made the world of difference. She now tries every vegetable I give her – and she does it happily. Although she might not eat them all, it's nevertheless a major victory. With perseverance, I hope her fussiness will soon be a thing of the past.

Orly Selouk, via email

