



‘SOPHIA EATS’
A PARENTS GUIDE TO TODDLER
HEALTH & VITALITY
LEADING SYDNEY NATUROPATH
EMMA SUTHERLAND RELEASES
NEW BOOK* *toddler approved*

“When I was pregnant I began thinking about how I could ensure my child also shared my passion for food. I simply couldn’t imagine raising a child who wouldn’t enjoy hours of cooking and meal times with me! As followers on my Facebook and Instagram will know, Sophia has become a prolific eater, which brings me so much joy.”

It’s no secret that raising a healthy toddler can be a tricky time for parents, both first-timers and seasoned professionals! From picky eaters, to wondering if your little one is getting the right nutrients for their growing bodies, it can be an overwhelming and exhausting period. Leading Australian naturopath Emma Sutherland is excited to come to the rescue with her new digital book, **Sophia Eats – A Parents Guide to Toddler Health & Vitality**, [available now](#).

With over 14 years experience looking after the health of her clients (including many new mums) plus having become a first time mumma herself in the last few years, Emma saw the urgent need for a one-stop guide to toddler health and vitality – so she created it herself! A combination of her culinary passion, professional knowledge of paediatric nutrition, and countless hours in the kitchen with Sophia, seasoned author Emma’s new offering will without doubt become a regular go-to guide!

The book, 18 months in the making, includes:

- Sophia and Emma’s favourite recipes - tried, tested and proven successful!
- 7 day diet diary template with portion suggestions
- Top 10 things nobody told you about being a parent
- Emma’s top tips for fussy eaters and frustrated parents
- Top 8 nutrients for a growing toddler
- 5 food mistakes even smart parents make
- How to become a food detective
- Is your toddler getting enough nutrition?
- 10 foods to ensure better behaviour
- Foods to help your toddler sleep
- Quick & healthy family breakfast ideas
- Emma’s top 6 nutrients for toddlers – what is the research saying?

Perfect for pregnant women and new mums alike, **Sophia Eats** contains much of the health information Emma shares with her private naturopathic clients. It’s a clever combo of recipes plus nutritional information, and will become a well-read, inspiring guide.

www.EmmaSutherland.com.au | www.facebook.com/emmasutherland01

Review copies of Sophia Eats, plus interview opportunities with Emma, are available now.
Please contact her directly: emma@emmasutherland.com.au