

How Fed My Daughter Out Of Failure To Thrive: A Mother's Journey of Love, Determination, and Triumph



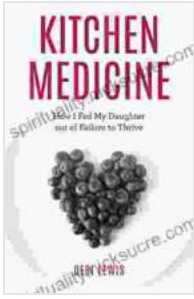
Failure to thrive (FTT) is a serious condition that can affect babies and toddlers. It occurs when a child does not gain weight or grow at a healthy rate. FTT can be caused by a variety of factors, including malnutrition, medical conditions, and developmental disorders.

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

★★★★★ 5 out of 5

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My daughter, Emily, was born with FTT. She was a tiny baby, weighing only 4 pounds, 12 ounces. She was also very weak and had difficulty feeding. In the early weeks of her life, I was constantly worried about her. I didn't know if she was going to be able to survive.

But I was determined to do everything I could to help Emily. I started by learning as much as I could about FTT. I read books, talked to doctors, and joined support groups. I also made changes to my own diet and lifestyle in order to better support Emily's health.

Slowly but surely, Emily began to improve. She started gaining weight and growing stronger. She also became more alert and active. It was a long and difficult journey, but we were finally making progress.

Now, Emily is a healthy and thriving 2-year-old. She is full of energy and loves to play with her friends. I am so proud of the progress she has made, and I am grateful for the opportunity to have been her mother.

What is Failure to Thrive?

Failure to thrive (FTT) is a serious condition that can affect babies and toddlers. It occurs when a child does not gain weight or grow at a healthy

rate. FTT can be caused by a variety of factors, including malnutrition, medical conditions, and developmental disorders.

There are two types of FTT: organic FTT and non-organic FTT. Organic FTT is caused by an underlying medical condition, such as a heart defect or digestive disorder. Non-organic FTT is caused by environmental factors, such as malnutrition or neglect.

FTT can have a significant impact on a child's health and development. Children with FTT may be more susceptible to infections and other health problems. They may also have difficulty learning and interacting with others.

Causes of Failure to Thrive

There are a variety of factors that can contribute to FTT. Some of the most common causes include:

- **Malnutrition:** This is the most common cause of FTT. It can occur when a child does not get enough nutrients from their diet. This can be due to a variety of factors, such as picky eating, food allergies, or poverty.
- **Medical conditions:** Some medical conditions can make it difficult for a child to absorb nutrients from food. These conditions can include heart defects, digestive disorders, and chronic infections.
- **Developmental disorders:** Some developmental disorders can affect a child's ability to eat or absorb food. These disorders can include cerebral palsy, Down syndrome, and autism.

- **Environmental factors:** Some environmental factors can also contribute to FTT. These factors can include poverty, neglect, and abuse.

Signs and Symptoms of Failure to Thrive

The signs and symptoms of FTT can vary depending on the underlying cause. However, some of the most common signs and symptoms include:

- Poor weight gain or weight loss
- Slow growth
- Delayed developmental milestones
- Poor appetite
- Frequent vomiting or diarrhea
- Fatigue
- Irritability
- Pale skin
- Dark circles under the eyes

Diagnosis of Failure to Thrive

FTT is diagnosed based on a child's weight, height, and growth rate. The doctor will also perform a physical examination and ask about the child's eating habits and medical history. The doctor may also order blood tests or other tests to rule out any underlying medical conditions.

Treatment for Failure to Thrive

The treatment for FTT will depend on the underlying cause. In some cases, simply addressing the underlying medical condition or environmental factors may be enough to improve the child's growth. In other cases, the child may need additional nutritional support, such as formula or supplements. In some cases, the child may need to be hospitalized for treatment.

Prognosis for Failure to Thrive

The prognosis for FTT depends on the underlying cause and the severity of the condition. With early diagnosis and treatment, most children with FTT will make a full recovery. However, some children may have long-term health problems as a result of FTT.

Prevention of Failure to Thrive

There is no sure way to prevent FTT. However, there are some things that parents can do to reduce the risk of FTT, such as:

- Ensuring that the child gets a healthy diet
- Seeking medical attention for any medical conditions that may affect the child's growth
- Providing a safe and nurturing environment for the child

My Journey of Feeding My Daughter Out of Failure to Thrive

When my daughter, Emily, was born, she was a tiny baby, weighing only 4 pounds, 12 ounces. She was also very weak and had difficulty feeding. In the early weeks of her life, I was constantly worried about her. I didn't know if she was going to be able to survive.

But I was determined to do everything I could to help Emily. I started by learning as much as I could about FTT. I read books, talked to doctors, and joined support groups. I also made changes to my own diet and lifestyle in order to better support Emily's health.

I started by making sure that Emily was getting enough calories and nutrients from her diet. I breastfed her as much as possible, and I also supplemented with formula. I also made sure that Emily was getting plenty of fruits, vegetables, and whole grains.

In addition to making changes to Emily's diet, I also made changes to my own lifestyle. I started eating a healthier diet and exercising regularly. I also made sure to get enough sleep and to reduce stress in my life.

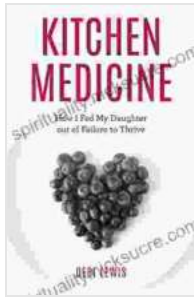
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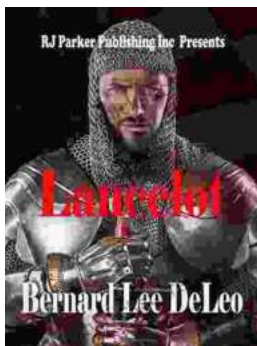
FTT is a serious condition that can have a significant impact on a child's health and development. However, with early diagnosis and treatment, most children with FTT will make a full recovery. If you are concerned that your child may have FTT, talk to your doctor immediately.

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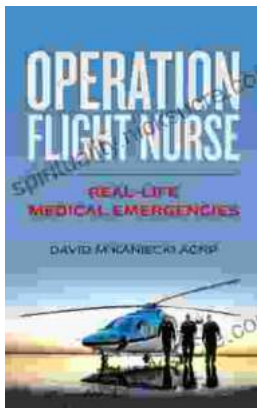


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