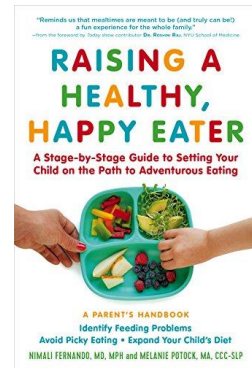


## Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



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Week 8: November 3 – November 9      Read Chapters 11 & 12

### Questions and thoughts to consider as you read:

1. What kind of challenges do the holidays present for children with feeding issues? (discussed on page 215)
2. List some strategies for taking the focus off food during the “holiday season” months of October, November & December. (discussed on pages 216 - 225)
3. What are some ways to rethink class parties in school to be more supportive of children with food-related issues? (discussed on page 226)
4. How many children have a life-threatening food allergy? Were you shocked by this number? (discussed on page 233)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers