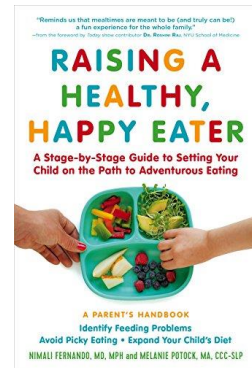


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 6: October 13 - 19 Read Chapter 7

Questions and thoughts to consider as you read:

1. What are some of the inherent challenges of mealtime during the period known as “the terrible twos?” (discussed on page 128)
2. Do you encourage parents to talk about colors of foods, as discussed on page 129? How about counting food items or talking about the shape of foods? This seems like a natural conversation to have with toddlers and it’s consistent with routines-based intervention (embedding learning into a naturally occurring routine).
3. Explain the contingency of reinforcement. (discussed on page 131)
4. What do you think about using a “spit cup?” Is this a practice you have used in your practice? (discussed on page 134)
5. I like the idea of “tasting time” as discussed on page 137. What are your thoughts?
6. Have you ever considered using a visual such as the “yum score” as shown on page 140?

7. I like the “top 10” list for preventing food jags. Is this a list you would consider sharing with parents? (discussed on page 141)

8. The statement comparing two-year-old behavior to teenager behavior was something I hadn't really thought about...what were your thoughts when you read this? (discussed on page 149)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers