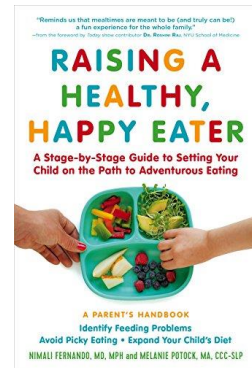


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 7: October 20 - 26 Read Chapter 8

Questions and thoughts to consider as you read:

1. List 5+ educational concepts that 3- and 4-year-old children can learn during meal preparation. (discussed on page 158)
2. What can parents do when a child loses interest in a nutritious food? (discussed on pages 161-162)
3. Why is it important for children to dip their fingers into new food? (discussed on page 162)
4. What are 3 strategies the authors discuss for parents to use when a child eats too slowly? (discussed on page 163)
5. What are 6 strategies the authors discuss for parents to use when a child wanders away from the table? (discussed on pages 165-166)

6. What are some strategies parents can use to help children eat a balanced and nutritious breakfast? (discussed on pages 169-171)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers