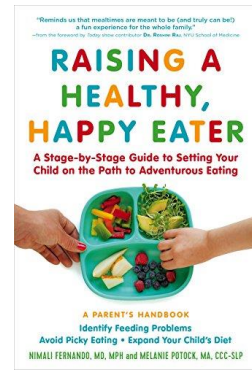


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 7: October 27 – November 2 Read Chapters 9 & 10

Questions and thoughts to consider as you read:

1. What cognitive skills do 4- to 6-year-olds now possess related to feeding? (discussed on page 182)
2. List the 7 strategies for helping parents learn to say no. (discussed on page 189)
3. Describe the strategies to counteract the pressure of advertising from the food industry (discussed on pages 193 - 194)
4. What are your thoughts related to dropping the word “picky” from your vocabulary? (discussed on page 197)
5. The importance of movement came up again in this chapter. Do you plan to talk to parents about the importance of play-based movement more? (discussed on pages 199 – 200)

6. What are your thoughts related to the school cafeteria and feeding struggles? Is it a conducive environment for our kiddos? List the authors' solutions to the chaos. (discussed on pages 205 - 208)

7. How can we go about phasing in new foods? (discussed on page 209)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers