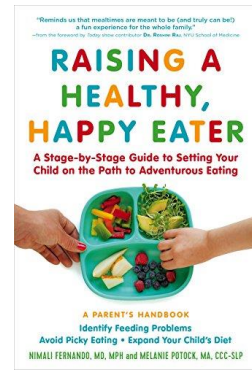


## Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 5: October 6 – 12      Read Chapter 6

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

1. The authors list 3 primary challenges related to mealtime with 16- to 24-month-olds including 1) child has limited language plus limitless demands, 2) child may not want to sit still to eat making mealtimes a battle, and 3) child has inconsistencies related to mood, appetite and food preferences. (discussed on pages 106 - 107). Do you think these would be helpful to discuss with families who get frustrated with mealtime?
2. How does bilateral coordination help with mealtime behavior? (discussed on page 107).
3. Thoughts on what to do when toddlers throw their food? (discussed on page 109)
4. Explain the importance of tolerating and encouraging messy hands and messy faces. (discussed on page 112)
5. Outline the steps for teaching the child to drink from an open cup. (discussed on page 116).

