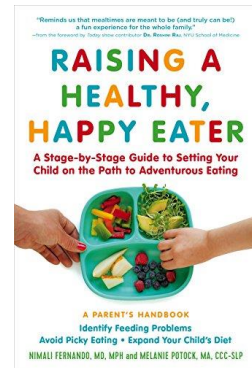


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 3: September 15 – 21 Read Chapter 3

Questions and thoughts to consider as you read:

1. When do the gustatory and olfactory senses develop and how does this timeline help shape baby's eating habits? (discussed on page 26)
2. How does tummy time support early eating skills? (discussed on pages 27 - 29)
3. Do you think pediatricians and early interventionists need to explain to parents why it's not okay to feed baby in the car seat? (discussed on page 35)
4. What are the signs of a "happy spitter" versus a baby who has true reflux? (discussed on page 35)
5. How much do you love the strategies for helping baby develop early oral motor skills? (discussed on pages 36 - 40)
6. What are your thoughts regarding pacifier use? (discussed on pages 40 - 41)
7. How does prematurity affect development of early oral motor skills? (discussed on pages 43 - 46)

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers