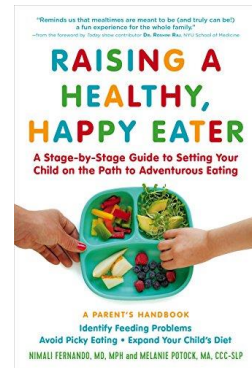


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 4: September 29 – October 5 Read Chapter 5

Questions and thoughts to consider as you read:

1. Note how the importance of gross motor development is reiterated again in this chapter as it relates to the pincer grasp and learning to use a spoon (discussed on page 71) and proper support when eating (discussed on page 73).
2. What do you think of the term “parenting with patience” that is used throughout this book? (one example is on page 75).
3. A few interesting notes about using a spoon: The first two steps to spoon-feeding are: 1) dipping, and 2) learning to rotate the wrist...and the spoon should be mastered by age 15 months. (discussed on page 76)
4. I loved the strategies for guiding the child’s fine motor skill development (pages 76 - 78)
5. Define a “mature swallow pattern” and list what age is should be almost mastered by. (page 81)
6. Were you surprised by the age when cup and straw drinking should be introduced? (pages 85, 87, 89).

7. Thoughts on the sippy cup? (page 86)

8. Thoughts on weaning from the pacifier or thumb? (page 90) Does this issue arise often in your practice? Do you have kiddos over 2 still dependent on the paci or thumb for self-soothing? Do you have alternatives to offer parents?

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers