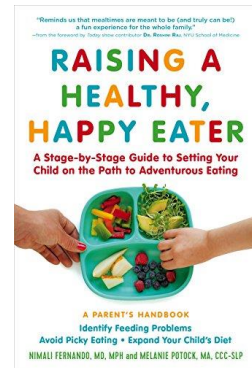


Cari's Professional Book Club Notes

Book Title: Raising a Healthy, Happy Eater

Authors: Fernando & Potock



Week 1: September 8 – 14 Read Pages 1 – 24

Questions to consider as you read:

1. What are your thoughts regarding the statement that our society has become focused on convenience and meals on the run? Do you feel that we live in a chicken-nugget world because of the fast-paced lives we all lead? (discussed on page 1)
2. How eager are you to help create a culture of wellness for our children and all future generations? (discussed on page 2)
3. Describe the impact that technology can have on family mealtime. (discussed on page 6)
4. Has a parent ever described feeling like a failure because of their picky eater?" (discussed on page 8)
5. How much do you love the statement about joy being essential when interacting with children? (discussed on page 9)
6. Describe how having an organized sensory processing system can lead to the enjoyment of new foods. (discussed on page 15)

7. Be sure to try sitting like a toddler on page 17. What did you think?

8. If you have a picky eater yourself, or are currently working a picky eater, how many characteristics did you check off from the list on page 23?

Thoughts, notes, and questions

Important take-aways to share with parents and caregivers