



The Buzz

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ENCOURAGING EXCELLENT EATING EARLY

Interested in giving your small child a taste for healthy eating right from the start? Kids can react strongly to the foods they are offered, healthy or not! They may push them away, refuse to open their mouth, shake their head, or more. What is a parent or caregiver to do? Nobody's perfect, but with a few child-feeding tips and advice on how to set a positive tone for balanced, healthy eating, anyone can be a child-feeding pro!

Setting the Table for Success

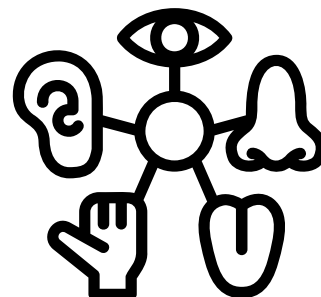
Mealtime is family time. Even ten minutes of eating together can increase children's fruit and vegetable intake. Start this habit with your baby or toddler by bringing them to the table with you:

- Your child may only be eating baby food but include them at meals to increase their exposure to table food by seeing the foods you eat.
- It can take up to 15 exposures before a food is "trusted" and tasted. Use the exposure time to describe the food.
- Tasting is just the first step. it can take 10 to 15 more exposures before they like the food. This means it could take 30 exposures in total before your child enjoys the food.
- If your child eats the same foods as you, ensure their food has no added sugar or sodium. If adding these to your food, set aside their portion first.
- Each exposure can look different. Meats, like pork, can be ground or shredded while vegetables, like avocado, can be cubed or mashed.

Mealtime in Action: Going Beyond "Yuck" and "Yum"

Try asking children these questions about their food, to get them thinking about what they liked and didn't like. This information will also help you as a provider. When they try something new, remember to praise them for it during mealtime. if they refuse or are hesitant to try new food, use neutral phrases to encourage them that there will be a next time they can try it.

- What does it smell like?
- What does it taste like?
- What does it feel like?
- What does it sound like?
- What temperature is it?



THE BEE ZONE



Bear Toast

- Sliced bread
- Whipped cream cheese or nut/seed butter
- Banana
- Blueberries



Toast a piece of bread. Spread on whipped cream cheese, nut butter, or seed butter. Cut up 3 pieces of banana. Place 2 at the top of the toast as the ears. Place one in the center of the toast for the nose. Place 2 blueberries as the eyes and 1 on top of the center banana.

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CRAFT CORNER: MOBILE HEARTS

- Colored/ patterned paper
- String
- Glue Stick
- Scissors



Fold a piece of paper in half and then in half again. Cut out half a heart shape against the crease of the paper and then cut out a second heart inside that and a third heart inside that, consecutively getting smaller in size for each heart. Open out the cut heart shapes to reveal heart-shaped windows and a small heart for the center. You should have two of each size. Add glue to one side of the largest heart window, place string through the center, and stick the second heart window directly on top of that. Repeat with the second smaller window and glue the smallest heart in the center. Fold a different colored piece of paper in half and then in half again and cut out a single smaller heart shape. Glue this one onto the string underneath the first part you have already stuck on. Finally, fold a piece of each color of paper in half once and cut out a half-feather shape, fringing it at a 45-degree angle. Repeat cutting a smaller feather from the second paper color and tie both onto the end of the string. Tie a loop in the top and hang it up.

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