

TIPS FOR PICKY EATERS

NO. 5: RECRUIT HELP

At the store, ask your child to help you select fruits & vegetables. At home, encourage your child to help you rinse veggies, stir batter or set the table.



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get moving

Do and learn

Grow a child's brain through exposure to a stimulating environment with color, sound and texture. Give them opportunities to move and explore:

- » Water play (splash hands in a dish of water)
- » Blow bubbles on and around the child's body for them to track and then pop
- » Squish feet/hands in sand, mud or clay (play doh works too)
- » Give them a pan and wooden spoon to "drum" with
- » Give them a place to crawl and pull up or walk on different surfaces such as padded play equipment and mats

A stimulating environment is one that "calls out" to the child to interact! Through this interaction the child learns "cause and affect", "problem-solving" skills and how to plan their movements as they move and explore.

THE Little Gym
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"Grace comes twice a week to TLGC. She started as a diapered little princess and is now a young lady who has learned a lot about teamwork, personal achievement and her own physical strength and coordination. Not to mention her pride in her one-handed cartwheels and her ballet arabesques!" ~ Barbara Anne Squire

Modern Family Photography



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PHOTOGRAPHY

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