

The Parent Connection

Brought to you by The Guidance Center Parents as Teachers Program
Where You Are Your Child's First & Most Important Teacher!
September / October 2022



The Fussy Eater

Why does my child refuse to eat?

- 1) A simple reason –they simply may not be hungry.** A child's appetite can slow down when he's growing slower. Remember to pay attention to what your child eats over a period of time rather than worry about "one food only" jags or zero appetite days. Offer 3 healthy meals and 2 to 3 snacks about the same times each day. Let your child decide how much to eat. A preschool child has a small tummy.
- 2) They may fill their tummy with sweets.** A child who eats lots of candy, cookies and other sweets learns to like sweet tastes. He may refuse to eat foods that are not sweet.
- 3) They may fill their tummy with too much liquid.** Fruit juices and milk can fill a child's tummy and ruin their appetite for food. Limit juice to 4 to ounces or less each day. Your preschool child needs 16 ounces of milk each day. If he drinks more than 24 ounces, it's too much milk.
- 4) Snacking or grazing** on food often during the day can ruin an appetite for meals. Offer only one snack between breakfast and lunch and one snack between lunch and dinner. Remember healthy snacking is best!

Other considerations:

Are they tired? A small child will feel better and eat better at dinner if he is getting enough sleep. Most preschool children need about 11-14 hours of sleep a day, including one or two daytime naps.

Are they too excited? Have some quiet play time before eating. Your child can color pictures or do puzzles at the table while you finish cooking.

They may not be hungry for what you are serving. He may be fussy if he wants to eat something else. Try eating the same foods with your child. Ask what they would like to eat, include it in the meal and have them help you prepare the meal. Serve healthy foods that are colorful and fun to eat.

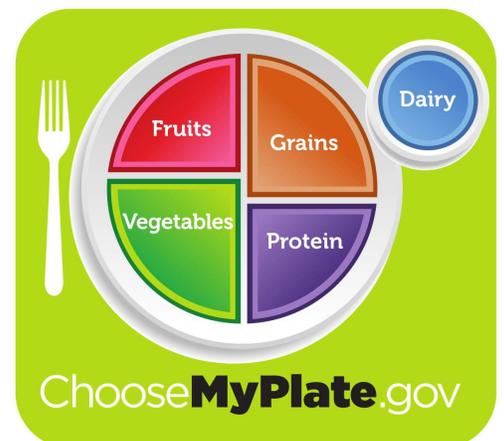
Remember your child will want to do what you do. If your child sees you and others eating chips, they will want to eat chips. If they see you eating a sandwich or fruit, they will want a sandwich or fruit.

They may like the attention. Some children may refuse to eat meals and snacks because they like to have you fuss over them. Give them the attention they want by eating with them. Talk about your day or what you may be doing the next day. Children do not like to eat alone.

Keep secrets! Don't talk about foods that you don't like. If your child hears that you or others do not like a certain food, they may not like it also. Avoid making a list of foods your child doesn't like. Likes and dislikes will change with time. Keep offering a variety of foods and allow your child to choose what they like.

Don't force, bribe or reward your child for eating.

Information provided was taken from WIC and Parents as Teachers handouts



Healthy Owl Treat Cakes

Ingredients:

- 4 rice cakes (brown & plain)
- 1 medium banana
- 4 tablespoons peanut butter
- 1 cup blueberries
- 1 medium apple
- 1 medium carrot
- 1 cup Cheerios cereal



Step 1: Lay out rice cakes on a baking sheet. (This will keep the mess in one area)

Step 2: Slice the banana (1/2 inch thick) and set aside.

Step 3: Spread peanut butter over each rice cake and place 2 slices of banana towards the upper part of each of the rice cakes. This serves as the eyes.

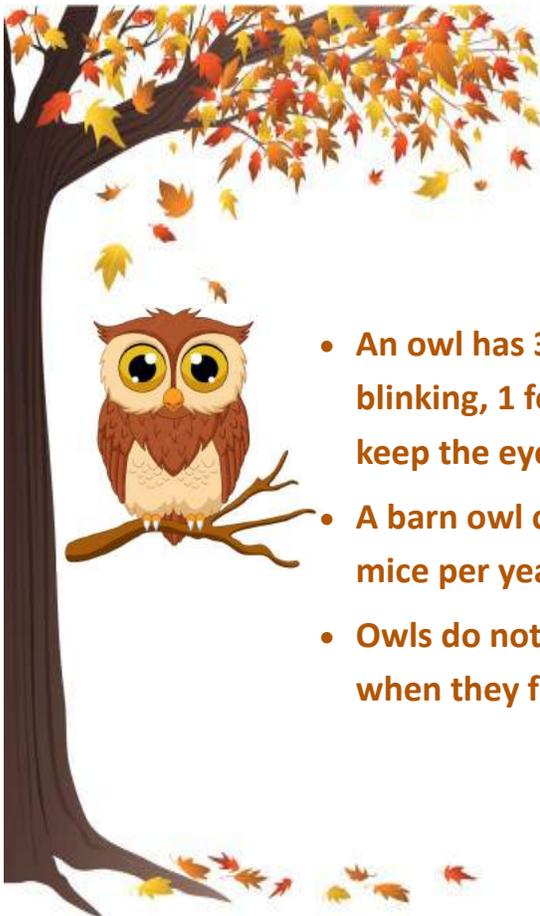
Step 4: Dab small amount of peanut butter on the center of the eyes and add a blueberry for the pupil of the eye.

Step 5: Slice apple in half and then slice the halves into very thin wedges (1/8 inch thick). Place 2 onto each rice cake, (peel side outward) to serve as the owl's wings.

Step 6: Peel carrot and slice thinly. Using 4 of the slices, cut into triangles for the nose.

Step 7: Finally, add some cheerios for feathers between the wings.

<https://www.superhealthykids.com/fun-food-kids-owl-rice-cakes/>



- An owl has 3 eyelids. 1 for blinking, 1 for sleeping, 1 to keep the eyes clean & healthy.
- A barn owl can eat up to 1,000 mice per year.
- Owls do not make a sound when they fly.

Fun Facts About Owls



Here is an owl for your child to color!



Salt Dough Leaves

Materials

- 1 cup flour
- 1 cup salt
- Up to 1 cup of water
- Crayons
- Leaves
- Parchment paper
- Baking sheet

Step 1: Head outside and choose a variety of leaves. Discuss the types of trees and colors you can see in the fall season.

Step 2: Mix the salt and flour together in a bowl.

Step 3: Slowly pour about half a cup of water into the mixture. Mix well. Add the rest of the water slowly, mix until you have a nice dough consistency.

Step 4: Preheat the oven to your lowest setting. Add a sheet of parchment paper to a large baking sheet.

Step 5: Spread some extra flour out on the kitchen table or counter. Work dough with your hands and flatten out. You can use a rolling pin. Make sure your dough is not rolled too thin and just enough to press a shape into it.

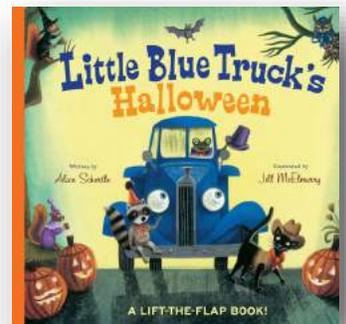
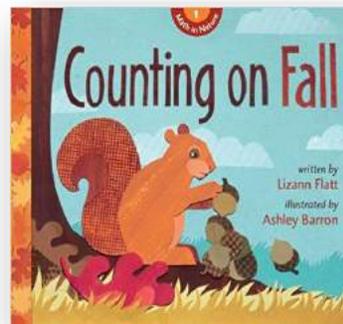
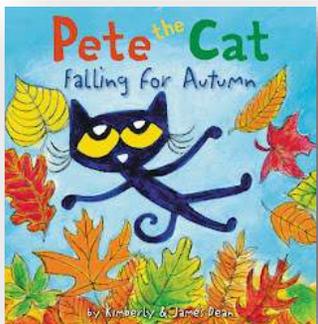
Step 6: Choose your leaves and press them into the dough. Press just hard enough to where you see a nice leaf imprint.

Step 7: Lay prints onto the baking sheet and bake for about 3 hours on lowest setting.

Step 8: Remove from oven and let cool completely. Use crayons to color/decorate the leaves.



FABULOUS FALL READING



GROUP CONNECTIONS

Look for information from your Home Visitor about upcoming groups and activities to be held in September and October

The Guidance Center

Bradford Family Center—PAT

1 Mechanic Street

Bradford, PA 16701

Phone: 814-362-1834

Email: pat@guidancecenter.net

Website: www.guidancecenter.net



Parents as Teachers.
Model Affiliate

CELEBRATING 30 YEARS OF PARENTS AS TEACHERS IN PA



To celebrate the 30-year anniversary of the Pennsylvania Parents as Teachers Program join us in a **Scavenger Hunt**. Signs, like the one shown in the photo, will be placed throughout your county and at various local businesses. Families will have the opportunity to participate in the Scavenger Hunt by locating 20 signs in their community by Friday, November 4th. Participating families finding 20 signs will be entered into a prize drawing. Winners will be selected on National Parents as Teachers Day on Tuesday, November 8th. More information about the Scavenger Hunt will come to you from your Home Visitor.