

Raising a Healthy, Happy Eater:
A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating
Book Club Study Guide

We are so pleased that you've chosen

Raising a Healthy Happy Eater: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating for your book club! The following questions are arranged according to chapters, but many of these topics can be revisited as we progress through the book. The questions are geared toward parents since our book is "A Parent's Handbook" but we welcome all input – if you love kids and food, we love having you in the book club!

We've also added a few activities to make the event more experiential and engaging. Have fun!

Doctor Yum & Coach Mel

Chapters One through Three

1. Of the seven parenting passport strategies, which one feels like it might be easiest for you, as a parent, to include in your mealtime routine? Which would be the most challenging?
2. Provide one example of how each of the seven senses impact a child's willingness or hesitancy to interact with foods. Have you ever encountered even a temporary impairment of a sense that in turn, impacted your ability to eat?

Experiential Activities:

1. Identify the upper labial frenum (upper lip tie) and the lingual frenum (under the tongue) on other members in the group. Move your tongues to the left, the right and raise up the tip to the alveolar ridge. Can you clean out the lateral sulci and gum margins? Discuss what it would be like to chew a bagel or eat sticky white rice, if you couldn't move your tongue freely. What other foods would be challenging? Hold your top lip against your gums (like stifling a sneeze) and try to chew. Now try to clean food off a spoon without moving that top lip. What does that feel like? Were you surprised how challenging it was?
2. While enjoying a snack and a beverage, sit upright, on the edge of your chair and don't allow your arms or hands to rest on anything. Try not to let your feet touch the floor or just use the tip of your toes to touch the floor. What does it feel like to have little support around you? How might this compare to a child poorly supported in a feeding chair (or no feeding chair)?

Chapters Four through Six

1. What are your feelings about sippy cups? Do you favor occasional use, everyday use or would never use them? Why?
2. What was the most surprising aspect of feeding that you discovered so far in the "Kids Around the World" sections?
3. Hunger can be helpful. Why do you think parents have difficulty allowing their children to be hungry for a short time and wait for snack or mealtime? Were you provided snacks throughout the day as a child? If you are a professional who works with children with special needs, why do you feel this is this exceptionally challenging for parents?

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Experiential Activities:

1. With the beverage of your choice, using large baby food jars and practice the 4 steps to teaching a child to drink from an open cup. (Kids will use smaller jars, but larger ones are best for the circumference of an adults mouth.)
2. Using a wide straw (a green Starbuck's disposable straw is ideal) and a thin straw (a coffee stirrer) and the beverage of your choice, take a sip of your drink with one straw and swallow. Pay attention to the amount of liquid (the bolus) that's on your tongue. Now try the other straw and swallow. What was the difference in your mouth? Was the flavor more pronounced with the larger bolus? Was there any difference in the comfort of your swallow? What other sensations did you notice? How might this experience compare to a child's first experience with straws?
3. Before the next meeting, go to www.MelaniePotock.com and www.DoctorYum.org and click the YouTube icon to find lots of great videos! We'll be discussing the videos at the next meeting.
4. Turn ahead to page 177. For the next meeting, ask each member to bring one ingredient from the Rainbow of Smoothies chart for a smoothie bar! Don't forget straws, cups and an extra blender or two.

Chapters Seven through Nine

1. How do you feel about dessert? Has it become more common place over the years to provide treats and desserts with meals? What impact could frequent desserts have on a child's growth and over all nutrition, as well as their preference for certain foods? Is it a big deal or not?
2. Give an example of parenting mindfully, either around food or in general that you have practiced or witnessed recently
3. As Westerners, what could parents learn from other cultures to help raise healthy eaters? Are there members of your book club who have first-hand experiences with other cultures, either personal or professional? Ask them to share their experiences.

Experiential Activities:

1. As you sip on your various smoothies, pay attention to how easy (or hard) it is to sip a thicker liquid through a straw. As the smoothie warms slightly, notice how the liquid hits the tongue quicker, as compared to a thicker drink. What's the difference in temperature and how does that influence how you perceive the tastes and the mix of flavors? Identify the most prominent flavor.
2. Now that you've viewed videos from each of our YouTube channels. share one new thing you've learned about parenting babies, toddlers or school age kids in the kitchen.
3. For the final meetings, each member can make one of the recipes in Raising a Healthy Happy Eater and bring enough to the next meeting for everyone to sample.

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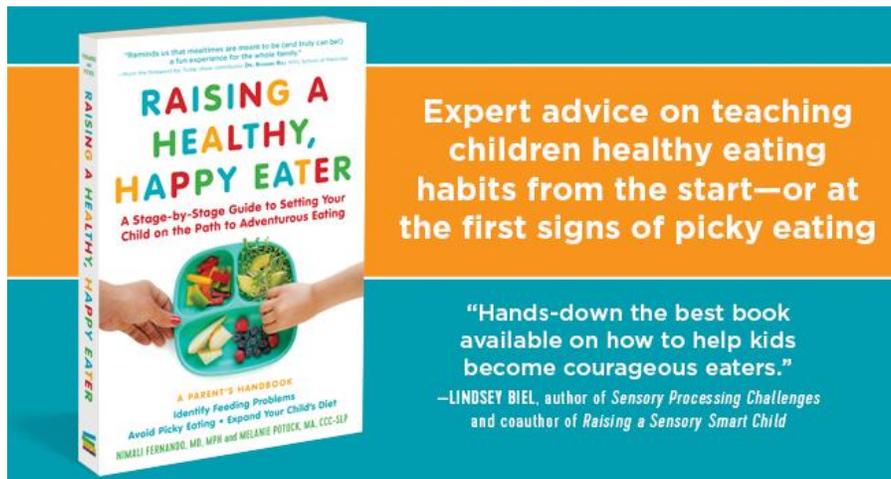
Chapters Ten through Fourteen

(These can be divided into two book club meetings if the schedule allows, with the last three questions reserved for the final meeting.)

1. What do you think is the most important parenting principle when it comes to raising a healthy, happy eater and why?
2. Share an example of how the “influences of the outside world” such as school and after school events have influenced how you raise healthy, happy eaters. Was it a positive or not so positive influence on you and your child?
3. Have you known a family that has had a child with EoE, food allergies or Type 1 diabetes? What are some ways that we can support these families better?
4. After reading the book can you think of an example of a parenting 'mistake' around food that you have seen or perhaps made yourself. How would you change this or do this differently after reading Raising a Healthy Happy Eater?
5. After reading the book can you think of an example of a parenting technique around food that you have seen or perhaps practiced yourself that seemed helpful to raising an adventurous eater?
6. After reading RHHE what do you think is the most challenging age when it comes to feeding and why?

Experiential Activity:

1. Now that you’ve made your recipes from Raising a Healthy Happy Eater, set a sample aside for today’s activity. Discuss how you would include kids in the shopping, prep and cooking process. Describe what you liked about the recipe or didn’t like, and how you would change it to fit your style of parenting in the kitchen.



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