Family Reading Tip: Gestures & Movement

Use gestures and motions while reading to your little ones, just like babies use movements to communicate before they can speak. While reading, make hand motions that your little one can see to show what is happening in the story. If people are cheering, raise your hands in a cheering motion or clap. Your child might just join you!

Family Activity: "Choosy" Eaters

The early years are important for developing lifelong healthy habits, and there are fun & simple ways to help young children feel empowered to make their own healthy food choices.

- **Think** of your child’s diet over the course of a few days—even day doesn’t have to have the perfect balance. The nutritional variety they need might happen over several days, not within one day.

- **Encourage** your child to pay attention to their body and when it is full, and trust what they tell you. Don’t force them to clean their plate.

- **Invite** kids to join the “two-bite club.” It can take many, many tries before a child’s taste buds “accept” a food! Remind them they don’t have to like or love vegetables, but our bodies still need them. To avoid waste, offer new foods in small amounts and wait a week before trying again.

- **Build** “food bridges.” Once your child accepts a food, introduce another one that is similar (for instance, mashed sweet potatoes can become a bridge to mashed carrots).

- **Have fun!** Use cookie cutters to cut bread, cheese, or cold cuts into shapes, or arrange fruit pieces on a plate so that it looks like a face. *(Inspired by Sesame Street in Communities Activity, "Choosy Eaters")*

An early learning collaboration by: