

## Food for Thought: Tips & Strategies for Growing a Healthy Eater

### Resources for Families

#### Websites

- **Parent Earth** (<http://www.parentearth.com/baby>) is a website that provides a wide range of videos reflecting healthy eating practices for pregnancy, infancy, toddlerhood, preschool, and beyond. Stress Free Baby Feeding, How to Prevent Choking, Cooking and Nutrition for Babies, and Fun Family Meals are merely a few of the videos that help parents make informed decisions. Parent Earth's mission is to answer parents' questions about food and to work with partners to create a world that nurtures healthy, thriving children.
- **Kids Health** (<http://kidshealth.org/parent>) from Nemours is a tremendous resource that provides articles as well as audio readings in both Spanish and English, to educate and support parents in all aspects of raising healthy children. There are numerous articles on topics ranging from breast feeding to food safety, to feeding your baby, toddler, preschool, elementary age child or teenager. Unique to this website are interactive activities for children and teens.
- **The American Academy of Pediatrics** (<http://www.healthychildren.org>) has developed a comprehensive website that covers everything from healthy living to ages and stages, to safety and prevention. The site contains articles, videos, and audio tapes.
- **USDA's Choose My Plate** (<http://www.choosemyplate.gov/preschoolers/Plan/index.html>) is a great resource for parents to help plan their child's diet. You can also get tips on coping with a picky eater and setting a good example for healthy eating.

#### Books for Parents

- **Great Expectations: Best Food for Your Baby & Toddler: From First Foods to Meals Your Child Will Love**, by Jeannette L. Bessinger and Tracee Yablon-Brenne, provides important information about nutrition from birth to age three. It addresses easy preparation of nutritious baby and toddler meals, how to introduce a wide variety of tastes, textures, and colors, and includes information regarding allergies, calories, and finicky eaters. Baby's first year is divided into four age groups and guidelines on best feeding practices for each age are given, including storing breast milk, when to start solid foods, best foods for each age range, and more.
- **Cooking Light First Foods: Baby Steps to a Lifetime of Healthy Eating**, by Rachel Quinlivan, editor of *Cooking Light Magazine*. Whether the goal is to save money, ensure their babies are eating only the cleanest food possible, or reduce the use of packaging, many parents have decided to make their own baby and toddler food. This book provides simple, quick, and easy recipes and information regarding how and when to introduce foods and insights into how to help your child develop healthy eating habits.
- **40 Fun and Healthy Recipes to Make and Share**, by Fiona Bird. Step into the kitchen for some child-friendly fun with food. The forty recipes in this colorful book are based around the five main food groups, and offer a healthy and exciting way to learn about cooking.

