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# Mealtime (Toddler Tools)



## Synopsis

Mealtime "is an opportunity to teach young children two major life skills: nutrition and table manners. Simple but important mealtime routines come to life as the toddlers in this book remember to wash their hands, use a napkin and fork or spoon, stay at the table, and eat healthy foods. Toddlers also learn the one big rule for mealtime: Always try one bite (You just might like it!). Parents and caregivers want toddlers to develop healthy eating habits and positive mealtime routines. This book helps them do so with Verdicke's keen ability to speak directly to little ones and Heinlen's delightful, appealing illustrations. Includes tips for parents and caregivers. Part of the award-winning Toddler Tools series.

## Book Information

Age Range: 1 - 3 years

Series: Toddler Tools

Board book: 24 pages

Publisher: Free Spirit Publishing; Brdbk edition (April 1, 2011)

Language: English

ISBN-10: 1575423669

ISBN-13: 978-1575423661

Product Dimensions: 7 x 0.6 x 7 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #47,671 in Books (See Top 100 in Books) #23 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #69 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases #149 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners

## Customer Reviews

So here is my funny story with this book. We got it from the library when my son was 1.5 and read it to him. It was great because he could recognize the pictures and foods. It encouraged him to enjoy food and see others enjoying too. All the characters are always smiling! So one of the lines in the book is, "Always try one bite! you just might like it!" The first time my son refused food, I sort of mumbled the line to him quietly. He perked up and laughed so I went and grabbed the book and read the line from that same page. Magic! he took a bite! It became a tradition. Whenever he won't try something new we sing the line to him, grab the book (we keep it near the table!) and presto--he

tries one bite. He might spit the bite out, yes, but he has never refused trying something new. How is that for the power of words and books, eh?! Now as he is older, we don't even need to quote or show the book--he does it out of habit. While I can't guarantee your kid will do the same, this book really made an impact for us. We got it so many times from the library we finally just bought it. If nothing else, I want to save it to show him when he is older so we can laugh about it. As for the book itself--it is a nice solid thick board book. No flimsy pages here. The pictures are simple, clear and colorful. The people pictured are diverse and the message is good. They show healthy foods, not junk or sweets. And it talks about table manners too. It really does this in a fun and enjoyable way and I think it is a cheerful - definitely not punitive - book about eating and food. You can't really lose with this one.

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