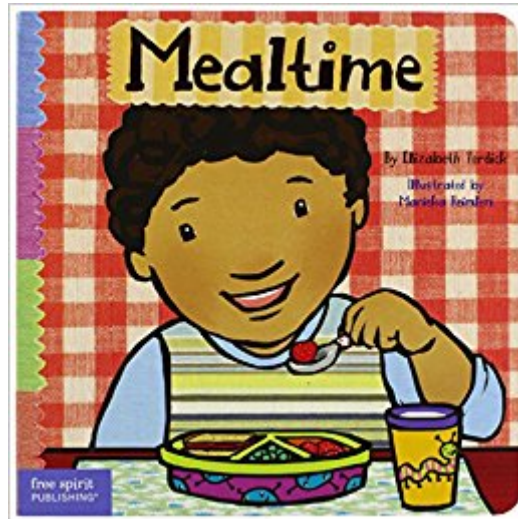




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# Mealtime (Toddler Tools)



## Synopsis

Mealtime "œYummy-in-the-tummy time" 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 (œYou 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 Verdict'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: 4.3 out of 5 stars 41 customer reviews

Best Sellers Rank: #26,949 in Books (See Top 100 in Books) #11 in Books > Children's Books > Growing Up & Facts of Life > Health > Diet & Nutrition #39 in Books > Children's Books > Growing Up & Facts of Life > Health > Diseases #100 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Manners

## Customer Reviews

œYet again, Verdict delivers with a book that meets the needs of both toddlers AND their parents. . . . Mealtime is another home-run from Free Spirit Publishing. • "Chasing Supermom blog  
œHeinlen creates contrast and dimension with eye-catching patterns on wallpaper, dishes, and the characters' clothing. The affirming message about trying at least "one bite," using a napkin, and clearing your plate should sit easily with readers. • "Publishers Weekly œThis book is adorable and very simple for little ones to follow. I really love the diverse children in the illustrations and . . . I also like the super positive tone of this book and that it focuses on positive

Guide little ones toward healthy eating and make time shared around the table pleasant for all with this bright and cheerful board book

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. It's nice also that it focuses on several kids--looks like maybe it is in a daycare or school, rather than one kid because I think my son liked that he could be part of all those kids by eating. Group mentality works here. It's a small book but I would highly recommend it. There are so many complicated books about eating these days, it's nice to just have a simple straightforward one like this. I like the series as well but the other books are not as good as this one in my opinion.

This whole series of books are fantastic. We are foster parents and they are the same ones that our toddlers' therapist uses with them. I love that we can have a set to reinforce what she's teaching them in the way they are familiar with!

We purchased all of the Elizabeth Verdick books for use with our children. They are well written, great pictures, and extremely easy for a toddler to understand. So glad that we found these books

and have them in our parent toolbox.

I ordered this book along with several other books to include in my son's kitchen play area. This one is his favorite and is a really good book to introduce your little one to the process of mealtime: washing hands, setting the table, trying new foods, and then cleaning up. It is set in a daycare setting where the children are sitting at a table at their height and pass each other food in a family dining style. One part I don't like is the 'one bite' rule as several families don't use that rule for a variety of reasons. But it is otherwise a good tool to introduce your child to the process of mealtime.

We've only had this book a few days, and my daughter has already memorized several of the phrases - she loves it! \*I\* like the page about the "rule" of always trying one bite - always an upward battle with toddlers!

This book is so great! Ever since we started reading this book with our two year old, she'll always try one bite of new foods! :)

My daughter now always "tries one bite" at mealtime. She says, "I gotta try one bite, just like the book says, cause I might like it!" She's such a picky eater and getting her to try anything was a challenge. Even before this book we tried to make it a rule to always try one bite but she wasn't having it. But she'll do what this book says! Go figure. At least she can try food now and decide for herself whether she likes it or not :)

Great book! Our 2 year old was struggling with some manners at mealtime. We bought this book & like magic he started saying "more please" instead of "more", made an effort to use his napkin throughout the meal, and would say "all done" when he was finished - all items the book emphasizes. Pictures in the book are bright, words are simple, & my son loves it! At bedtime he asks for the Mealtime book. Highly recommend!

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