Put An End to Pickiness

Learn why your once-agreeable eater now has mealtime meltdowns -- and what you can do to power through this phase.

BY Frances Largeman-Roth, R.D. from Parents Magazine

Independence

Your toddler is probably getting more opinionated in general. Pickiness is a normal developmental milestone that starts around 18 to 24 months. "Children this age reject foods--even the ones they previously loved--as a way of asserting their independence," explains Laura Jana, M.D., coauthor of Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup.

TURN THE TABLES

Toddlers want to make decisions, after all, so let them have a say in small things: green beans or carrots, whole-grain pancakes or waffles, avocado or hummus, suggests Dr. Jana. If you have a preference yourself (suppose you've bought 5 pounds of sweet potatoes), then let picky eaters decide on the topping (butter or maple syrup) or even the color of the plate that you serve it to them on. In a recent study at Penn State University in University Park, Pennsylvania, 94 percent of 3- to 5-year-olds took some pieces of fruit or veggies when offered a selection of three to choose from while just 70 percent did when given only a single kind of produce.

Power

Toddlers realize that they can make a difference in a situation, and they may want to test you whenever they get the chance. "It's all about control," says Castle. "By pushing away their plate or screaming no, they might be looking for a reaction from you."

TURN THE TABLES

Practice your poker face. "When your child rejects a food, one of the worst things you can do is act upset or annoyed," says Castle. "In a nonemotional way, say, 'Oh, well, maybe you'll be hungry at snacktime,'" she suggests. Just make sure that the "snack" is similar to what you planned for lunch so she doesn't think she can skip a meal for something else.

Sneaky Green Smoothie

Ingredients

- 1/2 cup orange juice
- 2 large handfuls organic raw baby spinach
- 1 cup Nonfat Vanilla Greek Yogurt
- 1 cup frozen organic blueberries
- 1/2 frozen banana
- 1/4 cup 100% cranberry juice
- 1/2 frozen banana
- 1/4 cup 100% cranberry juice

Directions

This is the secret: The trick to successfully hiding spinach in a smoothie is to pre-blend the spinach so that there are no tell-tale green bits left behind. To do this, add two large handfuls of fresh organic baby spinach to a blender with 1/2 cup of orange juice and blend very well.

Add the remaining ingredients to the blender and blend until smooth.

May 2015

Announcements

- Tuition is due Tuesday May 5th
- Center CLOSED: Friday May 22nd & Monday May 25th
- Summer session begins Tuesday May 26th.
- Congratulations to many of our Blue Apron Teachers graduating on May 22nd in the FCS Commencement!
- Congratulations to Teacher Noemi and Teacher Clint who are graduating with their MA in Early Childhood Education on Tues. May 19!
- Teacher Clint’s last day at the CFC will be Friday May 15th. Please wish him good luck with his future endeavors. He will be missed tremendously!
- Teacher Noemi will be the new preschool lead teacher in Teacher Clint’s place. She is a familiar face to many families and children since she has worked closely with many of the children when they were in the toddler room!
Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web.

You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication.

So, when you’re finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.
Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web.

You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site.

Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.
This story can fit 175-225 words. If your newsletter is folded and mailed, this story will appear on the back. So, it’s a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you’ve received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you’ve created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.