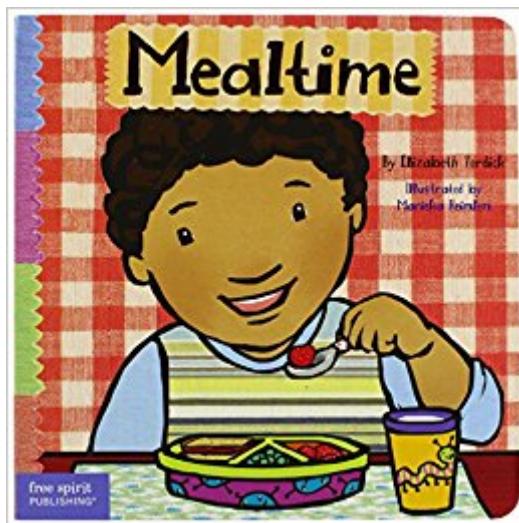


The book was found

# Mealtime (Toddler Tools)



## Synopsis

Mealtimes are “Yummy-in-the-tummy time” and 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 Verdick'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

“Yet again, Verdick 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 “Heinlen 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 “This 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 reinforcement.    
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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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