



Ready To Learn

Iowa Public Television



READ

Check out these books from your public library or school library.

- *Eat!* by Roberta Grobel Intrater (Spanish book available)
- *Spot Bakes a Cake* by Eric Hill
- *Fruits and Vegetables/Frutas y vegetales* by Gladys Rosa-Mendoza (Bilingual book)
- *What's in Grandma's Grocery Bag?* by Hui-Mei Pan (Bilingual book available)
- *Let's Eat/Vamos A Comer* by Alan Benjamin (Bilingual book)
- *My Food/Mi Comida* by Rebecca Emberley (Bilingual book)
- *Tray Plays: Let's Eat!* by Luana Rinaldo
- *Supermarket!* by Charlotte Doyle
- *Little Pea* by Amy Krouse

VIEW

Doctors recommend no screen time for children under the age of two years. Please keep this in mind as you make choices for your child.

If you choose to let your child - birth to age two - watch TV, these programs on IPTV are most appropriate for this age group:

- *Barney* - Monday through Friday at 12:30 p.m.
- *Mister Rogers* - Saturdays at 6:30 a.m.
- *Sesame Street* - Monday through Friday at 9:00a.m. - Sundays at 8:00 a.m.

Food

Mealtimes mean different things to different families. One thing is sure – food is important to everybody. As a parent, you want to feed your babies and toddlers healthy foods because you are helping them develop healthy eating habits that will last the rest of their life. Include milk at meals. Limit fast food, sugary drinks, chips and candy. Give your toddler small servings of food. Children have small stomachs. Some children like to try new foods. Others do not. Forcing children to eat new foods only upsets them. You may want to make rules about tasting foods you serve. In some families, children can try a small bite. They do not have to like it but at least they tried. Try to eat together as a family. It will give you a chance to talk and have fun.

DO

Make changes in these activities to meet the needs of your child.

- Talk to your baby while you feed her. Say: “Now you are going to eat carrots. Carrots are orange. Carrots grow in the ground”. Even though your baby cannot understand the words you are speaking, you are helping her develop language skills and you are practicing for meal-time conversations when she is older.
- The Teletubbies love to eat Tubby Custard! You and your toddler can make Tubby Custard together. You will need:
 - 1 lb. bag of frozen strawberries
 - 1 lb. container of vanilla low-fat yogurt
 - potato masher or fork
 - large bowl
 - serving bowls

Here is what you will do:

1. Defrost the strawberries for 30 -60 minutes on the kitchen counter or in the refrigerator. They should be very soft.
2. Empty the strawberries into a large bowl. Mash them well with the potato masher or fork.
3. When the strawberries are well mashed, empty the vanilla yogurt into the strawberry bowl and mix well until the yogurt is pink.
4. Scoop some Tubby Custard into a serving bowl. Eat a bowl of Tubby Custard.

Makes eight to ten 1/2-cup servings.

