

Educational & Developmental Intervention Services (EDIS)

Volume V, Issue I

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What we offer:

- Free developmental screening and evaluation for children under age 3
- Comprehensive developmental screening at well-child visits with Pediatrics at the Hospital
- Therapeutic intervention for children under 3 who have delays in gross motor, fine motor, self-help, social-emotional, cognition, and/or communication skills
- Services delivered at the EDIS clinic, family home, or at the child's daycare
- Resources for parents and children
- Rotating theme-based community playgroups
- Monthly newsletter

Our staff:

- **Dr. Nancy Barber**, Program Manager and Psychologist
- **Jeff Mullins**, Early Childhood Special Educator
- **Cheryl Fishman**, Physical Therapist
- **Jenelle Vella-Burton**, Occupational Therapist
- Jessica Kavanaugh, Speech Language Pathologist
- **Conchita Cuvillo**, Secretary

Contact us:

The EDIS Clinic is located in Building 1741 in Las Palmeras Housing at the corner of Alicante and Pontevedra
Phone: 727-4029

New Year's Resolutions...for Picky Eaters

The start of the new year brings a sense of change and the inevitable 'new year's resolution'. We all have our own personal resolutions that we would like to tackle over the next 12 months, but why not set some resolutions for your family? If you are a parent of a 'picky eater', we are here to offer some useful tips and suggestions to decrease the meal time fight and improve the dining experience in your home.



Some children present with specific food preferences at a very young age, while other children may be willing to try just about anything. Here are some strategies that the Mayo Clinic suggests for your challenging eater:

1. Respect your child's appetite. They state that you should offer small portions and give your child the opportunity to ask for more. This is also a good time to work on using appropriate communication (e.g., wait for your child to say 'more please').
2. Create a meal routine. Provide meals and snacks around the same time every day. Between meals, offer water rather than juice or milk so that your child does not fill up on the liquids.
3. Be patient with new foods. Your child may need repeated exposure to new foods. Describe the foods not by taste, but by other attributes such as color, shape, and smell. Try serving new foods along with your child's favorite food options.

(Cont. on pg. 2)

EDIS News!

Happy 2016! We hope everyone had a great holiday season with their friends and families! The EDIS staff would all like to wish you a Happy New Year! We are planning to host a play group for all children 0-3 and their sib-

lings on Wednesday, January 20 from 3:00-4:30pm. Please contact Jeff Mullins at 727-4029 or at jeff.m.mullins.ctr

[@mail.mil](mailto:jeff.m.mullins.ctr) to RSVP.

We look forward to seeing you all for our January play group at EDIS!



New Year’s Resolutions...for Picky Eaters (cont.)

- 4. Make food fun! Try offering different dips for raw fruits or vegetables. Mix up the meal and have breakfast for dinner. Try cutting sandwiches into different shapes using cookie cutters.
- 5. Set a good example for your children by eating a mix of healthy foods. They are more likely to try the food if they see you eating it too!
- 6. Be creative....and deceptive by adding veggies and fruits into other foods. For example, try adding pureed veggies to spaghetti sauce, add fruit to cereal or oatmeal, or vegetables into casseroles or soup. Try making fruit and veggie smoothies for a cool treat.
- 7. Un-plug during meal times. Keep the TV, iPad, etc. off to decrease distractions. Try to sit down during a meal so that not only can your child see everyone else eating, but it will also be a good opportunity to spend quality time together.
- 8. Don’t offer dessert as a reward for finishing a meal. Try offering a less sugary treat as dessert such as fruit or yogurt. Or offer dessert sporadically (1-2x/week) rather than every day.
- 9. Include your child in the process. At the grocery store, recruit their help for selecting fruits and vegetables. Don’t buy foods that you do not want your children to eat. Put them to work! Give them a spoon for mixing, have them set the table or wash the vegetables before you cut them. It’s all part of the learning experience.
- 10. Do not become a short order cook. If your child refuses to eat what is offered, resist the urge to offer them a different option. This is one way of encouraging picky eating. Continue to offer them healthy choices. Over time, they will be more familiar with the foods and might even become a preferred food option! If you are ever concerned with your child’s health, be sure to consult your doctor.

Healthy, Kid-Friendly Recipes:

Contact EDIS for more resources!

1. Do-it-Yourself Oatmeal

Ingredients:

- Whole rolled oats
- Water

Toppings– fruit, dried fruit, nuts, honey, yogurt, maple syrup, milk

Prepare the oats according to the package. Once the oatmeal is cooked, spoon it into a bowl. Place toppings in separate bowls on the table. Allow your child to experiment with different ingredients and be creative with their own creation. Such a great way to offer whole grains, fruits and protein for breakfast! Bon appetite!



2. Berry-Veggie Blast Smoothie

Ingredients:

- 2 cups loosely packed baby spinach (about two handfuls)
- 2 cups frozen mixed berries (I used strawberries, raspberries, blackberries, cherries and blueberries)
- 1 cup plain Greek yogurt
- 1 cup milk (soy, almond or coconut milk will work too)
- 1 tablespoon honey

Blend all ingredients in a blender until smooth. Enjoy!

