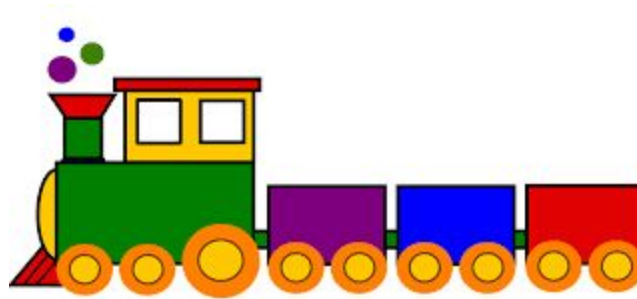


Guía Semanal ~ Weekly Resource Guide

week 8, day 2

Transporte terrestre



Consejos Para Padres ~ Parenting Tips

Healthy eating starts with us, as parents and caregivers, being aware of what we are buying, bringing into our homes, and serving our children. This [article](#) says, "As parents, we should focus on creating independent eaters: kids who have a healthy relationship with food, who can self-regulate sweets and who enjoy all kinds of foods without a parent persuading them to eat..." Another news [article](#) cites a study that shows how preschoolers who are restricted from eating certain foods, will typically overeat and binge that target food when parents are not around. We will never be able to keep all unhealthy food choices out of our child's sight, so instead of food restriction or rules about eating a dessert or a sweet last, try talking it over with your child.

Healthy and food conscious parents use different strategies to help their children make good decisions. Try some of these tips.

- Talk about the colors of the rainbow and count how many colors your child does eat.
- Offer whole fresh or frozen fruits and veggies, when possible.
- Name the food or recipe and tell a story about the food.
- Offer healthy, limited choices
- Try fun foods like ants on a log, or apple face.
- Instead of using sugar in muffins, substitute applesauce and tell your child!
- Involve children in the process of preparing the food.
- Allow your child to feed himself, offering child sized utensils.

Actividades para intentar en la casa ~ Activities to try at home

[Arte con llantas](#)

<ul style="list-style-type: none">● Papel largo● Pintura● Charolas● Carritos	Se puede pintar con muchos objetos! Pintar con carros es una forma: Poner pintura en la charola, y los carritos encima de la pintura. Invite a su niño a correr los carritos en el papel para hacer arte con llantas!
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[Canciones Para Cantar ~ Songs to Sing](#)

Diez carritos Uno, dos, y tres carritos Cuatro, cinco, seis carritos Siete, ocho, nueve carritos Diez carritos hay.	Pasear en tren Pasear en tren Es de lo mejor, es de lo mejor Se tira del cordel, se tira del cordel Y se para el tren, se para el tren El inspector, el inspector Se enojará, se enojará Y mandará y mandará A detener el tren, a detener el tren
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