

# Books for your growing child

Let your child learn and grow through reading

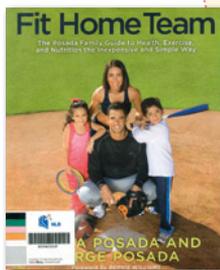
## Nurturing a Healthy Lifestyle

### Fit Home Team

**Author:** Laura Posada and Jorge Posada

**Publisher:** New York: Atria Book, c2009

**Call Number:** 613.7 POS -[HEA]



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Atria Book, c2009

Jorge and Laura Posada are not the kind of parents who say to their children, “Do as I say.” Their parenting mantra instead is, “Let’s do it together,” and the Posadas have always made good nutrition and fitness a core element of their family lifestyle. Fit Home Team is their formula for getting parents and kids off the couch, arming families with key tools for optimal health, wellness and overall balance by offering: a simple guide to eating right, nutrition-packed kid-friendly recipes, tips for taking the “work” out of “working out”, inexpensive seasonal activities for staying fit, and an easy-to-follow family progress chart.

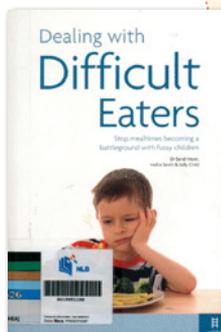
## Helping Your Child Grow: Eating a Variety of Food

### Dealing with Difficult Eaters

**Author:** Sandi Mann, Hollie Smith, Sally Child

**Publisher:** Richmond: Crimson Pub., 2009

**Call Number:** 618.928526 MA -[HEA]



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Crimson Pub., 2009

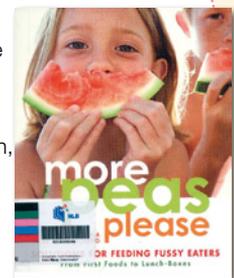
This guide provides tips and advice to ensure your child gets the nutrition they need. It covers all eating issues parents face. Advice is given on how to set the right parameters in place, and the difference leading by example can make.

### More Peas Please

**Author:** Kate Di Prima, Julie Cichero

**Publisher:** Crows Nest, N.S.W: Arena/ Allen & Unwin, 2009

**Call Number:** 613.2083 DIP-[HEA]



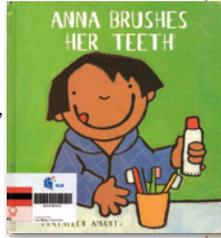
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Arena/ Allen & Unwin, 2009

An authoritative and practical guide about feeding children, with easy recipes and information on why kids sometimes react to certain food and how parents can overcome them. It aims to help children learn to eat healthily.

## Oral Health

### Anna Brushes Her Teeth

**Author:** Kathleen Amant  
**Publisher:** New York: Clavis, c2010  
**Call Number:** JP AMA-[BA]



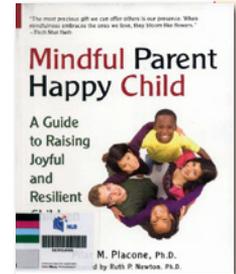
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Clavis, c2010

After getting ready for bed, Anna picks out the right toothbrush, has her mom add some toddler toothpaste, and brushes her teeth with mom's help. This book includes information for parents on helping children brush their teeth.

## Raising a Resilient Kid

### Mindful Parent, Happy Child

**Author:** Pilar M. Placone  
**Publisher:** Lexington, Va: Alaya Press, 2011  
**Call Number:** 649.1 PLA-[FAM]



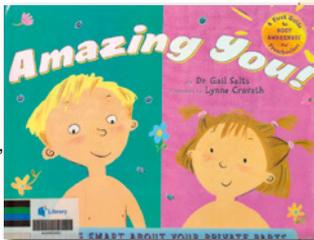
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Alaya Press, 2011

This book helps to improve parent-child connections by presenting practising principles and models. When parents practise these methods, they are on a path of not only growing joyful and resilient children, but they are directly participating in growing a more compassionate world.

## Sexuality Education

### Amazing You!

**Author:** Gail Saltz  
**Publisher:** New York: Watertown, MA: Charlesbridge, c2006  
**Call Number:** JP 612.6 SAL

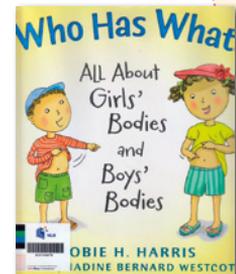


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Charlesbridge, c2006

Teach your child basic body awareness and sexuality education. This book offers a simple explanation of how babies are made without explicit reference to sex. Cravath's sunny cartoons show the various parts in a straightforward manner, with side-by-side illustrations of a boy and girl in the baby, preschool and adult stages. An author's note advises parents on the finer points of discussing these delicate issues.

### Who has what?

**Author:** Robie H. Harris  
**Publisher:** Somerville, Mass: Candlewick Press, c2011  
**Call Number:** JP 612.6 HAR



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Candlewick Press, c2011

This series for young children provides easy-to-understand facts and answers. "Who Has What?" is a simple story following Nellie and Gus on a family outing to the beach. Humorous illustrations, conversations between the siblings, and clear text all reassure young kids that whether they have a girl's body or a boy's, their bodies are perfectly normal, healthy, and wonderful.

*Disclaimer: Parents' discretion will be needed in the selection of suitable reading materials for you and your child.*