



galvintherapycenter.com

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SCAN ME



Books We Love

Last Child in the Woods
by Richard Louv

We love this book because it brings together new & growing research, indicating that direct exposure to nature is essential for health childhood development & for the physical & emotional heart.

Berry Farms We Love

Baumhart Berry Farm
Vermillion, Ohio
Fitch's Farm Market
Avon, Ohio
Quarry Hill Orchard
Berlin Heights, Ohio

What's Happening Next Month

September 6th- Labor Day
*We are closed on Monday 9/6
September 6th- Rosh Hashanah
September 11th- Patriot Day
September 12th- Grandparents Day
September 15th- Yom Kippur

Check out our socials to see how we celebrate



TIP OF THE MONTH: ACTIVITIES IF YOU HAVE A PICKY EATER:

- Bring your kiddo to the grocery store the next time you go. Walk through the fresh produce section, talk about all of the colors you see, ask questions (what do you think it would taste like?). Be adventurous yourself and pick up one new veggie or fruit. Be a model for your kiddo by picking up something new and starting a conversation!
- Look up a recipe before you go with your kiddo. This turns into a scavenger hunt by finding the appropriate ingredients, conversations are initiated while searching for foods.
- Make something fun out of the foods on your plate! Squeeze some berries, or frozen fruit with your hands and turn it into "fruit juice". Blend some fruit together and make popsicles. Give a pizza slice a mouth and eyes with some peppers or pepperoni. Playing with food is a great starting point once you have discussed properties of food. Playing with our food gives us a whole new sensory experience integrating all of our 5 senses while supporting play skill development!

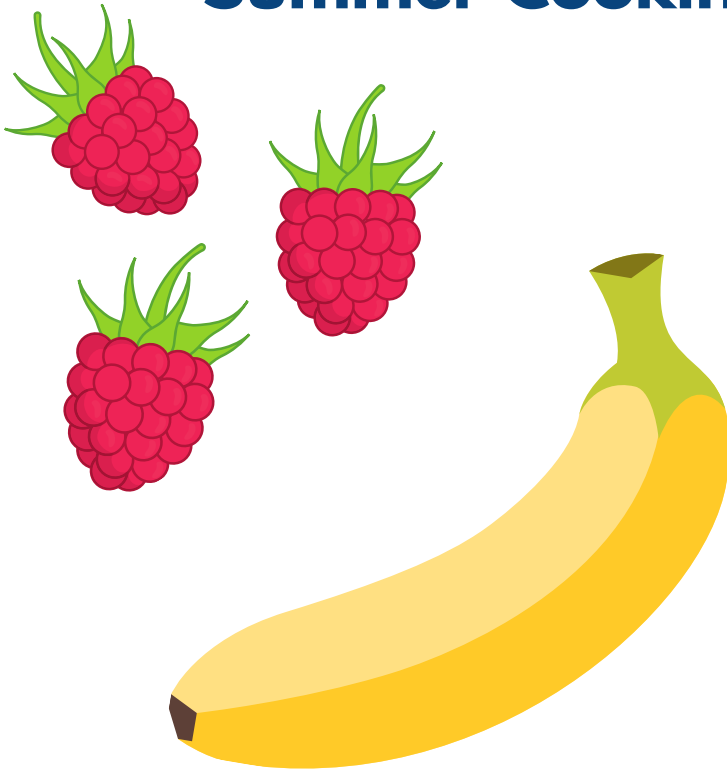
Have questions regarding feeding! Schedule an appointment today!

A MESSAGE FROM YOUR GALVIN STAFF:

A Berry Happy Eater by: Fiona Kessler

Whether you are orchard picking, buying fruits and veggies at a grocery store, strolling down the frozen aisle or even harvesting them from your home garden; ALL can offer so many benefits for young kiddos with feeding difficulties. Feeding is not only picking up a food with a fork and immediately eating it. It all starts with the interaction we have regarding our 5 senses to a particular food. Through adult imitation and modeling, we are able to help desensitize kiddos to learning about new foods simply by interacting with them using our eyes, ears, nose, hands and of course our mouths. Talking through visual properties of food such as texture (smooth, rough, soft, hard), color, and even shape when you are picking out the ripest bunch of banana or in season fruits is a great starting point.

Summer Cooking with Kids



Fruit Pizza

Ingredients: Whole wheat tortillas, yogurt (any flavor or style will work), mixed fruit (cut into bite size pieces)

Directions: Lay the tortillas flat on a plate. With the back of a spoon, spread yogurt. Top with fruit and enjoy.

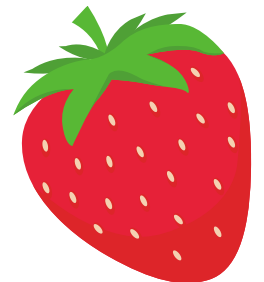
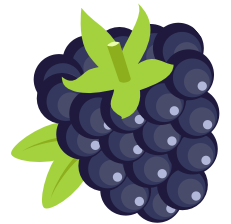
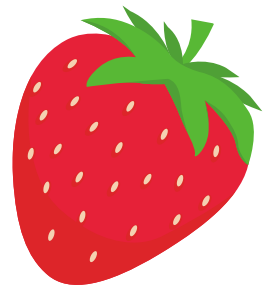
Tip: Drizzle with honey for a little extra sweetness. Gluten free- use watermelon slices instead of tortillas.

Fruit Dip

Ingredients: Fruit, 1 container of softened cream cheese, 1 container of thawed whipped topping, 3/4 cup yogurt, 1 container of marshmallow topping

Directions: Mix together and serve with cut fruit

Tip: Try your child's favorite flavored yogurt instead of plain



Banana Splits

Ingredients: Bananas, chocolate or fruit sauces, mixed fruit (bite size pieces), ice cream (or yogurt for a healthier option),

whipped cream, cherries, chopped nuts

Directions: Cut the banana in half long way and place in a bowl. Top with all your favorite toppings and dig in!