



### Books We Love

*Easy to Love, Difficult to Discipline* by Becky Bailey

How to maintain self-control in seven basic steps that produce in our children seven guiding value for life.

### Holiday Kids Books

*My Food, Your Food, Our Food*  
by  
Emma Carlson Berne

*What Do You Celebrate?:  
Holidays and Festivals Around  
the World*  
by  
Whitney Stewart

### What's Happening Next Month

December 6th- Hanukkah  
Ends  
December 21st- First Day of  
Winter  
December 25th- Christmas  
Day  
December 31st- New Years Eve

\*we are closed 12/23, 12/24,  
12/25, 12/31, 1/1

Check out our socials to see  
how we celebrate



### A MESSAGE FROM YOUR GALVIN STAFF:

Surviving the Holidays with a Picky Eater by Taylor Boggs, OT

Managing the holidays with a picky eater can be challenging. Each family and holiday come with its own traditions, many of which include food. What do you do if you have a child who will not eat the traditional dishes prepared? It may feel stressful, as a caregiver, to determine if there will be something your child will eat. Your child may feel worried about what they will eat, too. It is important to remember that eating does not start with putting food on a fork or spoon and eating it. It starts with interaction. Using any of the five senses to explore food is how we learn about a food and become comfortable with eating it. With a picky eater, any interaction with food is good! There are many things that can be done to introduce, prepare, and desensitize your child to the food that may be present at holiday gatherings. Check out the activities and tips below to help navigate the holidays with a picky eater.

### TIP OF THE MONTH: MAKING MEALTIME FUN

Talk with your child about the food that will be at gatherings and the traditions that surround each holiday. This helps mentally prepare your child for what to expect

- Read books about holiday traditions

Expose your child to foods or parts of the meal that you know will be on the menu beforehand.

- Have your child help pick out the ingredients at the grocery store
- Have them help prepare the foods in the kitchen with you

Turn food into play

- Munch on pieces of food like a squirrel, deer, or reindeer
- Use circle pieces of food to make snowman
- Line up pieces of food vertically to make turkey feathers or hedgehog spikes
- Nibble on bites of food like a hedgehog, snowshoe rabbit, or penguin
- Chomp big bites out of food like a polar bear

# Winter Gift Guide

Melissa & Doug's  
Scoop & Serve Ice Cream Counter



Hand2mind Scooter Board



BOSU Balancing Ball



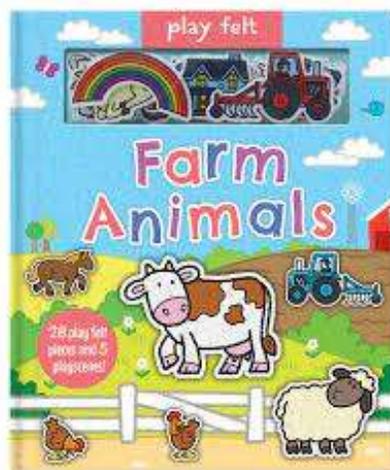
Colorscok  
Body Sock



Squigz



Play Farm Felt  
Book



Bright Autism  
Calming Sea Light



Creative Mosaic  
Drill Set

