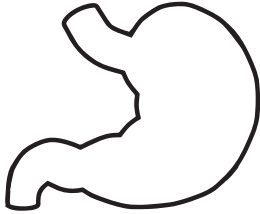
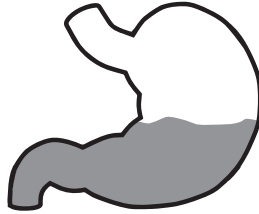


HOW FULL IS YOUR BELLY

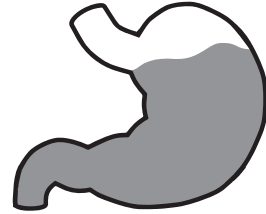
Instructions: Show the child these images and discuss how it feels when their stomach (ex. Belly or tummy) is empty, half-full, or full. You can use this at the start and the end of a meal or outside of mealtime for a more in-depth discussion. When you use it, offer a crayon or food paint for the child to color their own belly!



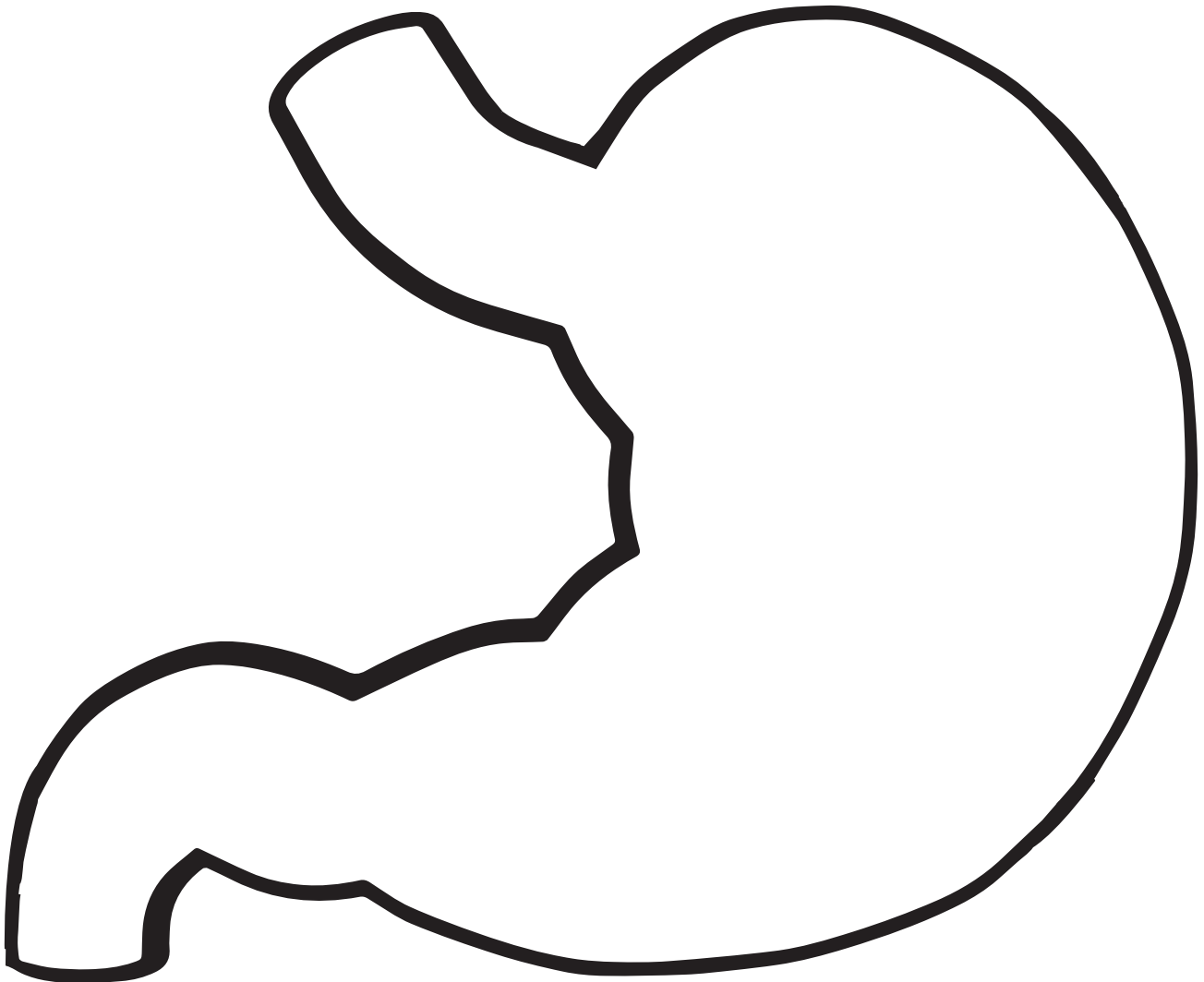
Empty



Half-Full



Full



BEYOND A BITE

I would probably place in information about how to acquire a parent copy of the book here