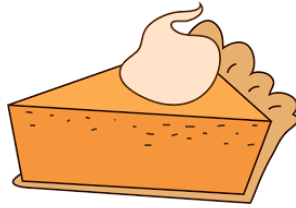


Thanksgiving Tips



1. Talk to your child about the day! What do they already know?

Do they have any questions? Tell them about your family traditions!

2. Tell them your plan for the day! Let them know what you are doing, where you are going or who they may see! Let your child ask questions.

3. Prep them for the food!

Draw or color pictures of common Thanksgiving food items. Involve them in the prep of food as much as possible-label the ingredients and actions (for example, we are mixing butter and eggs!).

Expose them to as many “Thanksgiving foods” before the actual day-incorporate stuffing, potatoes, turkey, or pie into your meals during the next week!

4. Encourage them to share their opinion in an appropriate way! Let your child know they can share their favorite foods or what they think is delicious! Remind them that it is okay if we don't like every food, but we can try them!