

Healthy Living

www.courier-journal.com/health

GADGETS & GEAR | LINDA STAHL

Let's play dinner

If your child is a finicky eater, maybe the "Play With Your Food" game can help. The game comes with a divided plate with four compartments (think of it as doubling as a game board), a matching mug and a laminated spinner.

Your child (or you) spins the spinner, and whichever design it lands on is the corresponding section or sections of the plate from which the child is instructed to eat. The directions may be to "Take 1 Bite" or "Choose 1 Bite" from a section or to have "1 Bite each" from several sections of the plate.

All you have to do is prepare a wholesome meal to serve on the plate and put one type of food in each section.

The plate and mug come with either an animal or transportation motif. They are made of melamine and are dishwasher safe, but are not for use in the microwave.

This game is sold by Daydream Toy for children 3 and older. The suggested retail price is \$15. Go to www.daydream-toy.com to purchase.



Bringing up baby

"Peekaboo, I Love You Soft Book" is meant to help your infant learn to reach, grasp, pull and push.

The tactile interactivity of this cloth book provides parents, grandparents and caregivers ways to stimulate sensory input.

The suggested price is \$12.95.

It's just one of many toys from Baby Brain Box, a company focused on toys and music to stimulate infant development and provide parents an alternative to plopping infants in front of a television.

The American Academy of Pediatrics warns that children under age 2 should not watch television.

To purchase and check out other toys, go to www.babybrainbox.com.

