

Debra S. Fish Library

Think Small is home to the Debra S. Fish Early Childhood Library. You will find over 6,000 exceptional early childhood materials on a variety of topics: child development and learning, the business of child care, parenting, and much more.

Visit us during business hours (M-F 8:30-5, some Saturday mornings), call the library at 651-641-3544 or email the librarian, Jennie, at librarian@thinksmall.org for assistance.

Catalog

All materials in the Debra S. Fish Library collection are searchable through the St. Paul Public Library (SPPL.org) Collection and MnLINK Minnesota's Online Library (mmlink.org).

Borrowing Materials

Materials can be checked out at Think Small and through your local library! A current library card is all that is required.

Non St. Paul card-holders: The first time you use your local library card in the St. Paul system you will need to present your library card, along with a picture ID with your name and current address *or* a picture ID and a piece of recently posted mail with your current address. After that you need only present your card.

Residents of cities or counties whose libraries are served by MELSA also may use their library cards. Bring in your library card, along with a picture ID with your name and current address *or* a picture ID and a piece of recently posted mail with your current address.

NUTRITION
BOOKS & DVDS AVAILABLE AT THE DEBRA S. FISH LIBRARY

Author	<u>ADULT BOOKS</u> Title	Call #
American Academy of Pediatrics	Stepping stones to caring for our children: national health and safety performance standards	HQ778.63 .S74 2013
	Nutrition: what every parent needs to know	RJ206 .A494 2012
	A parent's guide to childhood obesity: a road map to health	RJ399 .C6 P36 2006
Anoka Co. Community Health & Environmental Services	Feeding baby = Kako hraniti bebu = Wax-siinta ilmaha	RJ216 .F45 (MULTILINGUAL)
	Feeding baby = kev pub me nyuam = nuôi con	RJ216 .F44 (MULTILINGUAL)
Appleton, J.	Do carrots make you see better?: a guide to food and nutrition in early childhood programs	TX361 .C5 A67 2001
Bergen, S.	Healthy children, healthy lives: the wellness guide for early childhood programs	LB1140.5 .H4 B47 2013
	Teaching children about food : a teaching and activities guide	TX364 B47 1991
Cavallini, I. & Tedeschi, M.	The languages of food : recipes, experiences, thoughts	LB1139.5 .N88 L36 2008
Elliot, R.	Healthy eating for your baby & toddler : delicious recipes right from the start	RJ216 .E45 2010
Ellison, S.	365 foods kids love to eat	TX714 .E45 1989
Erlich, K. & Genzlinger, K.	Super nutrition for babies: the right way to feed your baby for optimal health	RJ216 .G3745 2012
Hassink, S. G.	Pediatric obesity : prevention, intervention, and treatment strategies for primary care	RJ399.C6 H38 2007

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	A parent's guide to childhood obesity : a road map to health	RJ399.C6 P36 2006
Hendricks, C. M.	Hip on health: health information for caregivers and families	RA776 .H516 2015
	Here we go...watch me grow!: a preschool health curriculum	LB1140.5 .H4 H46 1991
Ikeda, J. & Naworski, P.	Am I fat? : helping young children accept differences in body size : suggestions for teachers, parents, and other care providers of children to age 10	BF728.B6 I54
Kalich, K.	Early sprouts : cultivating healthy food choices in young children	TX361.C5 K35 2009
	The early sprouts cookbook	TX361 .C5 K352
Knight, K.	The best homemade baby food on the planet: know what goes into every bite with more than 200 of the most deliciously nutritious homemade baby food recipes	RJ216 .K588 2010
Learning ZoneXpress	5 minute activities: food and nutrition	TX364 .A135 2012
Marotz, L. R.	Health, safety, and nutrition for the young child	RJ101 .M347 2012
Martin, J.	Preschool health and safety matters	RJ101 .M3476 2011
O'Brien-Palmer, M.	Healthy me: fun ways to develop good health and safety habits: activities for children 5 to 8	RA777 .O24 1999
Ramsey County Public Health	CATCH kit: it's fun to be healthy	GV452 .C38 2015 (KIT)
Redleaf Press	Rethinking nutrition: connecting science and practice in early childhood settings	RJ206 .R48 2010
Rimm, S. B.	Rescuing the emotional lives of overweight children : what our kids go through-- and how we can help	RJ399.C6 R54 2004
Robertson, C.	Safety, nutrition, and health in child care	RJ101 .R63 2002

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	Safety, nutrition, and health in early education	LB3409 .U5 R63
Saunders, L.	Keeping kids fit: a family plan for raising active, healthy children	RJ133 .S28 2010
Schmidt, C.	The baby bistro: child-approved recipes and expert nutrition advice for the first year	RJ216 .S398 2009
Seinfeld, J.	Delicioso y sano : secretos simples para que sus hijos coman bien	TX715 .S4518 2008 (SPANISH)
Smith, C. J.	Growing, growing strong: a whole health curriculum for young children. Body care	LB1140.5 .H4 S643 2014
	Growing, growing strong: a whole health curriculum for young children. Fitness and nutrition	LB1140.5 .H4 S645 2013
Stephens, T. J.	Kids in the kitchen	TX837 .S74 2010
Thompson, C. A.	Overcoming childhood obesity	RJ399.C6 T48 2004

JUVENILE BOOKS

Author	Title	Call #
Ontario Science Centre	Foodworks : over 100 science activities and fascinating facts that explore the magic of food	TX355 .F66 1987 (JUV)
Salzmann, M. E.	Eating right	RA784 .S336 2004 (JUV)
Schuh, M. C.	Healthy snacks	TX740 .S3258 2006 (JUV)
Smallwood, S.	We are what we eat!	TX361 .S66 (JUV)
	Nutrition [kit]	STORY KIT NUTRITION (JUV)

DVDs & CDs

Title	Call #
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Nutrition for infants and children	DVD RJ216 .N88 2006
Nourishing healthy preschoolers: a guide to MyPlate nutrition	DVD RJ206 .N687 2012
Food for thought: nutrition and children	DVD RJ206 .F67 1996
Preventing obesity and promoting wellness	DVD RJ399 .C6 P748 2013
Food and fitness: raising healthy, active kids	DVD RJ206 .F66 2006
Childhood nutrition: preventing obesity, vol. 3	DVD RJ399 .C6 C45 2005
Feeding	DVD RJ216 .B45 2006
Food and fitness matter	DVD RJ206 .F66 2006
La comida y los ejercicios cuentan: creando hijos saludables y activos	DVD SPAN RJ206 .F66 2006
Your healthy baby	DVD HQ769 .Y68 2006
Preschoolers. Physical development	DVD HQ767.9 .P74 2008
The first years last forever	DVD HQ774 .F59 2009
Infants. Physical development	DVD RJ134 .I1547
You are what you eat: nutrition and healthy eating habits	CD-ROM RA784 .B47 2013

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FEEDING CHALLENGES

Author	Title	Call #
Berman, C.	Meals without squeals : child care feeding guide and cookbook	TX361.C5 B47 1991
Bruns, D. A.	Feeding challenges in young children : strategies and specialized interventions for success	RJ206 .F416 2012
Chatoor, I.	Diagnosis and treatment of feeding disorders in infants, toddlers, and young children	RJ506 .E18 2009
Jana, L. A.	Food fights : winning the nutritional challenges of parenthood armed with insight, humor and a bottle of ketchup	RJ206 .J36 2008

