

Answer sheet | Conversational cards (Parent & Child)

1 | How does your child react when you're on your phone?

Further questions:

What do you think of this reaction?

Does it bother you?

2 | What is healthier? Squeeze fruit or real fruit

Answer: Real fruit!

Explanation: Squeeze fruit gives holds too much of the unhealthy components of fruit and not enough of the healthy components. One item of squeeze fruit contains a lot of calories, because it holds several pieces of fruit and there is a lot of sugar (fructose) in fruit. Besides that, squeeze fruit holds a lot fewer fibers and fibers are healthy and are good for stilling hunger.

3 | What does your child prefer to eat?

Explanation: At birth, all children like sweet flavors the most. Breast milk tastes sweet. They have to get accustomed to other flavors, especially bitter and sour. Children learn this by tasting them very often. They have to learn to eat vegetables (which often taste bitter). If they taste vegetables regularly, they start to like them better. Sweet things, like fruit or pumpkin, are much easier to eat.

Babies also have to learn to eat solid food or food that has chunks. Let them nibble on bread crusts and crush the bites instead of mashing them. This is also good for the muscles in the baby's mouth and these are incredibly important in the process of learning to talk. Children usually want to eat food they see other people eat. If they see an adult eat something, they want to try it as well. Setting a good example and eating together helps.

Children (and adults) also like to eat food that is high in fat. We all have an urge to eat high-fat and sweet food. This is our instinct and comes from a time when there often wasn't enough to eat. People still moved a lot back then and we needed a lot of calories to survive. Now there is far too much food that is high in sugar and fat, and it makes us overweight and unhealthy.

4 | When do you think your child eats healthy?

Further questions:

What does "eats healthy" mean? Is this the case if your child eats a lot? Or eats remarkably fast? When he or she eats a lot of vegetables, eats without distractions, tries many different things, and likes many different things?

Tips for eating healthy:

- Eat together with your child, it is good for bonding and he will copy you;
- Eat healthy yourself and show that you like it. Your child will like to eat what he sees you eat.
- Eat mindful, without distractions (for example, don't eat in front of the television);
- If your child communicates that he has had enough to eat, don't force him to eat more. This will teach him to overstep his boundaries and will make him overeat in the future.
- Let your child eat on his own. First with his hands, later with cutlery. This way he can explore his food. This is going to turn into a little bit of chaos sometimes, but this is part of the process!

- Try different things! Let your child taste a great variety of healthy foods, this way he will consume a lot of nutrients.
- Explore different textures: cooked carrots or raw carrots feel different in your mouth. Eating more solid foods is good for the development of your child (for growing the muscles in the mouth and for the process of learning to talk).
- Every child has times where they eat less than you are used to. Is your child active, happy, and does he develop according to plan? Then you don't have to worry, try to accept that he just eats a bit less. If you do worry, take no chances and go to the OKT (the consultation clinic).

5 | In what ways can you let young children eat more vegetables?

Explanation: You can already start before your child is born! After 3 months of pregnancy the baby tastes through your amniotic fluid, so he will partly taste what you eat. After birth, up to 7 – 9 months, babies get used to new flavors more easily than after. From 4 months old, they are allowed to have practice runs with solid foods. Let him get used to a broad spectrum of different flavors, especially vegetables. If your baby doesn't like something new initially, you can still try it for about 10 – 15 times. A lot of the times they get used to it.

Toddlers are less likely to try out new food. It helps when they see you eating the new food and linking it. Combine familiar food, that he likes, with new food, or food that he doesn't like on one plate. Keep offering the food, but never force it.

Make sure the entire experience of eating is pleasant, never force anything, and set the right example.

Do you want preschoolers to eat more vegetables? Make sure that you offer it in a wide range of options: raw, cooked, mixed in juice, or soup. Also offer it in a range of different moments, for example during different meals or as a snack. Don't limit yourself to dinner. A lot of young children like their food lukewarm, so watch out with hot or cold food.

6 | Statement: Watching TV is positive for the kids' language development.

Answer: Not true.

Explanation: Using all their senses, children under the age of four learn from the 'real world'. They have a hard time learning from displays. Their brains can't process what they see on a monitor. Yet, young children keep watching. This doesn't mean that they find it interesting, the image just captures their attention after which they almost can't look away anymore.

Television or videoclips are pretty bad for young children: it influences the development of the eyes. Your child has a higher predisposition for glasses or eye-diseases since he can be overstimulated by flashing images or blue light that emits from the screen. Scientists think that children will understand more from watching screens from the age they are eligible for kindergarten. If young children swipe, click on buttons or pictures, this is most likely a learned trick than actually understanding what happens.

Children, and especially young children, learn way more from playing with you, the parent, or alone with toys or their imagination, than from displays. It's recommended, for children until the age of 2, that they don't watch television or other screens at all! Children from the age of 2 to 4 can be best kept up to an hour a day.

7 | Question: Why is it beneficial for a baby to play on his stomach?

A baby learns a lot from playing on his stomach! He is building up strength while doing this. He uses this strength later on to turn, crawl, and sit. It's also good for the development of

the brain. It helps to prevent a lopsided head or a flat occiput. Turn a baby on its belly at least twice a day, you can already start doing this from his first week. Be aware! Always let your baby sleep on his back.

8 | Which position is best for the development of your child?

Answer: Playing on his stomach helps him to learn how to roll over, sit, and crawl. It's also beneficial for his hand-eye coordination. A child that is still unable to sit by himself is not allowed to sit in a baby chair for too long (maximum of 15 minutes and every now and then a bit longer when you go for a drive). When a baby can't sit by itself, it is detrimental for his back and hips when he sits in a baby chair for too long. This will probably also hold him back at the pace of his walking independency.

9 | Which games do you like to play with your child?

Further questions:

What do you like about those games?

What do you think your child will learn from those games? (Usually, a lot of different skills at once!)

With whom does your child preferably play? Why is that?

What different types of games do you like to play (language, music, song, rhymes, movement, social, fantasy)?

Explanation: Playing equals learning! Playing equals developing! The brain of a young child develops at lightning speed. Different types of games stimulate different areas of the brain, often multiple at the same time. For example, fine and gross motor skills, social-emotional skills, and speech and language skills can all develop during playtime.

Young children love to play games in which they can predict what is going to happen. They tend to play these games over and over. This way they incrementally understand more of the game they are playing. Older children like social games in which they can connect with people they know and love.

10 | Statement: I think it is important that my child learns how to play with other children.

Explanation: Children need to know how to play with each other. Toddlers aged 1 and 2 play alongside each other: they look, respond, or copy the other, but have their own toys and assimilate in their own play.

They don't understand yet that others also have feelings and urges. They see the world from their perspective and their needs. Their brains are not fully capable of taking others' perspectives. This makes them unable to share, wait for their turn, or having the others' best interest in mind. Around their third year, children will play together. They understand better what others children want, but may still have a hard time to share, wait their turn or adjust.

Help your toddler. Talk about what happens. Does he have difficulties playing with other kids? Why does he get angry? Why can't someone else play with his toys? Calmly talk about the situation, don't get upset. This way, he learns to understand what playing together means, why it is difficult sometimes, and what he can do differently next time.

11 | Statement: As a mother, the concerns of your child are more important than your own: your health comes second.

Further questions:

How does this feel? Do you recognize this?

Do you agree?

What is the opinion of your immediate social environment? And your partner?

Is it difficult for you?

Do you talk about it?

12 | Question: Do you have enough time for yourself?

Further questions:

Do you make time for yourself?

What does 'time for yourself' mean?

How do you choose between the needs of your family and your own needs? What does your partner think of this? And your immediate social environment?

Are you a better/nicer mother when you make enough time for yourself?

What do you do when your child is asleep? Chores? Work? Time off?

13 | Statement: Exhaustion is part of being a mother.

Further questions:

Do you agree? What is the opinion of your immediate social environment? And your partner?

Do you find this difficult?

Do you ever talk about this?

Do you work? Is your work environment understanding?

14 | Statement: There are role-differences between the mother and the father.

Agree or disagree?

How do you experience this? And your partner?

Is this divide different than with the generation of your parents? Does it change depending on the age of your child? What is an advantage for fathers? And for mothers? What do you think is the reason for this difference? Is it the same for your generation as it is for your parents'?

15 | What is your child's bedtime ritual?

Further questions:

Do you have set times when your child goes to bed?

Do you have a set ritual for when your child goes to bed? (take a bath, change into pajamas, read a book, sing a song, say goodnight).

If you have a set bedtime ritual, is it effective? Does the ritual help your child to sleep more easily?

Does your child fall asleep in bed or a different location?

Do you stay with your child until he sleeps?

Does your child still cry after you said goodnight? Does he leave his bed when he can't fall asleep?

16 | Statement: My child sleeps well.

Further questions:

When do you think your child does or doesn't sleep well?

Is this if he goes to bed without a hassle?

Is this if you don't have to stay with him until he falls asleep?

Is this if he sleeps through the night?

Is this if he falls asleep in different locations?

17 | Statement: Steady habits are important for young children.

Answer: True!

Explanation: Babies and young children love regularity. Almost everything they go through is new and every day adds more new experiences. Since habits repeat themselves, they are predictable, and young kids love this predictability.

Habits and set times help smooth activities like eating and sleeping because your kid will get hungry and sleepy at those times.

Even when you visit family or friends, let your child hold the same sleeping and eating patterns. Washing up is also a good activity to turn into a habit and use the same rituals. As your child ages and starts to understand you better, tell him what you are about to do beforehand.

18 | Statement: If my mother (in-law) gives my child unhealthy food, I will ignore it.

Further questions:

How does that feel?

Is it part of the grandparents' role to pamper children with snacks and candy? Do you talk about that? Is that hard for you?

19 | Statement: I listen to my mother's advice on parenthood.

Further questions:

Why is/isn't it a sign of respect to your parents if you listen to their advice?

What do you do when their advice deviates from the advice of the OKT (the consultation clinic), books, or the internet?

Is listening to your parent's advice different in other cultures? Or between generations?

20 | Statement: When the grandparents babysit, their rules apply.

Further questions: about daily habits, bedtimes, television privileges, food, candy, discipline.

Do you talk about this? Is that hard for you?

Have you ever asked the grandparents if they apply your rules instead of theirs? Do you dependent on them babysitting? How does that influence this conversation?

21 | What is your wish for your child?

Further questions:

How does this wish influences your upbringing? In what life phase is your child?

What do you do right now to fulfill this wish?

22 | What wisdom did you learn from your parents regarding the upbringing of children?

Further questions:

Do you often ask for advice from your parents or in-laws?

Are there habits in your culture that are passed on from generation to generation? What do you do when the advice of your parents or in-laws deviates from your ideas? Of from the advice of the OKT (the consultation clinic)?

23 | Question: Can young children learn from watching television or playing on a smartphone?

Answer: No!

Explanation: Using all their senses, children under the age of four learn from the 'real world'. They have a hard time learning from displays. Their brains can't process what they see on a monitor. Yet, young children keep watching. This doesn't mean that they find it interesting, the image just captures their attention after which they almost can't look away anymore.

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