

Edík's news

Vinohrady

Libuš

Hloubětín



When Your Child Doesn't Eat the Way We Expect. What Can We Do?

In our kindergartens, we see that food, nutrition, and eating are important topics for many children and families. Food, which should be a natural part of everyday life, can sometimes quietly turn into daily negotiations, persuasion, worries, and struggles.

One child eats only a few favourite foods and refuses anything new. Another spends a long time “playing” with their food, while another wants to eat almost constantly and in large quantities. Meanwhile, parents wonder: Is this still normal? Are we doing something wrong? Should we intervene, or should we trust our child more?

Children's eating habits develop over time. Just as a child learns to talk, get dressed, or manage their emotions, they also learn to recognise hunger and fullness, discover new flavours, accept different textures, and gradually develop a relationship with food. And this process is not always straightforward. That is why we have decided to support parents by organising a talk on this very topic. Do you have questions or situations you would like to discuss? **Join us for the talk “What to Do When Your Child Doesn't Eat the Way We Expect?” On Wednesday, 21 October 2026, from 5:30 to 7:00 pm**, we invite you to EduArt Kindergarten in Prague 2 for a practical talk with Zdeňka Trummová, founder of the Jedlík–nejedlík project, who combines nutrition, education, and individual counselling in her work.

We will explore why some children eat very little while others overeat, what is still part of normal development, how to respond to food refusal without pressure or conflict, and how to set boundaries at home in a way that supports a healthy awareness of hunger and fullness. There will be plenty of space for specific questions and situations you are dealing with at home.

When: Wednesday, 21 October 2026, 5:30–7:00 pm

Where: EduArt Kindergarten, Jana Masaryka 45, Prague 2 – Vinohrady

Admission: Free

Capacity: Limited, registration is required at paha2@skolkaeduart.cz

Food does not have to become a daily battle. Sometimes, it is enough to better understand what is really happening at the table – and what both the child and the parent need at that particular moment.

Edík's adventures in October

Prague 2

What happens in compost? - trip to Toulcův dvůr	6.10.
Forest secrets - programme by Koniklec Ecocentre	12.10.
Movement morning: Trees	13.10.
Halloween for children and parents	19.10.
English Project Day: "The Owl"	22.10.
Canistherapy at the kindergarten	27.10.



Every Wednesday - a visit from the reading Grandfather

Prague 4



Visit to an Alzheimer's Care Home	1.10.
Trip to a Pumpkin Farm	6.10.
Parent Event – Pumpkins	14.10.
Visit to Meteorologická Primary School with Preschoolers	15.10.
Fairytale Night	16.10.
Apple Harvest Festival	21.10.
Halloween Costume Party	27.10.

Every Thursday – A Visit from the Reading Grandma

Prague 9

Blue Class

Trip to Toulcův dvůr	7.10.
"A Farm Full of Animals"	
Trip to the Library	9.10.
Theatre Performance "Na háčku"	21.10.
Lighting the lights - event with parents	27.10.

Red Class

Trip to Toulcův dvůr	14.10.
"In Search of the Earth's Treasure"	
Theatre Performance "Na háčku"	21.10.
Trip to the Library	23.10.
Lighting the lights - event with parents	27.10.

Yellow Class

Trip to Toulcův dvůr	7.10.
"A Farm Full of Animals"	
Canine-Assisted Therapy (Vilík and Theo)	12.10.
Theatre Performance "Na háčku"	21.10.
Lighting the lights - event with parents	27.10.
Trip to the Library	30.10.

Orange and Green Class

Sensory Play at the Kindergarten	12.10.
Theatre Performance "Na háčku"	21.10.
Canine-Assisted Therapy with Freky	26.10.
Lighting the lights - event with parents	27.10.

Psychological support at EduArt

Psychological support is an important part of the professional framework at EduArt. It helps us to better understand the children's individual needs, supports teachers in dealing with challenging situations, and provides support for parents too. Thanks to their involvement, we are able to identify a child's needs at an early stage and find sensitive and practical ways to support their healthy development and well-being at kindergarten.

Lucie Juklíčková school psychologist for Hloubětín and Libuš

Lucie Juklíčková works directly within the kindergarten and in individual classes. She is present at the Hloubětín office every Friday and, as required, on some Tuesdays; she visits the Libuš office as and when needed. She focuses primarily on observing lessons in the classrooms, consulting with teachers and carrying out preventative work with the children. She helps teachers to better understand what is happening in the classroom and, together with them, seeks appropriate approaches for individual children and the whole class. She is also available to parents when needed, particularly for consultations regarding their child's behaviour at nursery, relationships with peers or their integration into the group. She also regularly provides parents with brief practical tips on child psychology and development. You can contact her by email lucie.juklickova@skolkaeduart.cz.



Anna Frombergerová school psychologist for Hloubětín and Libuš

Anna Frombergerová offers teachers professional support not only in their work with children, but also in the challenging situations that their profession brings. This support also includes individual crisis interventions and Balint groups, which provide teachers with a space to share and professionally reflect on challenging situations encountered in their work. We regard looking after teachers' mental wellbeing as an important part of creating a high-quality environment for children. She is also available to parents for individual consultations – for example, on topics such as settling in, emotions, parenting, peer relationships or school readiness. Throughout the year, she also runs specialist seminars for parents. The next one will take place on November 10th on the topic of School Readiness. Anna works with us on a freelance basis and can be contacted by email anna.frombergerova@gmail.com.



Vendula Vinklerová school psychologist in Vinohrady

Vendula Vinklerová works at EduArt as an external school psychologist, based directly within the nursery and individual classes. She observes lessons, helps foster a positive atmosphere, and assists in finding appropriate approaches to more challenging situations involving individual children or the whole group. An important part of her work is also supporting teaching staff – she offers them consultations and intervision, takes part in staff meetings, and assists with more challenging situations in the classroom and within the team. Parents can also contact her, for example, regarding their child's development, settling into kindergarten, school readiness, or more challenging parenting and family situations. Parents who are interested in a consultation can contact us at paha2@skolkaeduart.cz.



From our EduArt Kitchen

What children eat matters to us at EduArt. We want our menus to be varied, balanced, and at the same time tasty and wholesome. That is why we work with a nutrition therapist to fine-tune our meals and recipes. This time, we're sharing two simple ideas that you can easily try at home too. Just a few everyday ingredients, simple preparation, and you have a snack for the whole family.

Red Lentil Spread

Red lentils are a great way to naturally incorporate legumes into your diet. Combined with vegetables, they make a smooth and creamy spread that is perfect on bread or as a dip. The spread is also naturally dairy-free.

For 4 servings, you will need:

- 80 g red lentils
- ½ small onion
- 1 small carrot
- 1 clove of garlic
- 100 g cherry tomatoes
- approx. 20 ml olive oil
- basil
- lemon juice
- salt

Method:

Heat a little olive oil in a pan and sauté the onion and garlic. Add the coarsely grated carrot, followed by the rinsed lentils. Sauté everything together briefly, then add approximately 200 ml of boiling water and cook over low heat for 15–20 minutes. Stir occasionally until the lentils are soft and the mixture reaches a spreadable consistency. Once cooled, stir in the finely chopped tomatoes, basil, and lemon juice. Adjust to taste with olive oil, garlic, salt, and pepper.



Kefir and Forest Berry Smoothie

A quick snack that tastes a little like dessert. The fruit adds natural sweetness, kefir brings freshness, and a little peanut or other nut butter makes the smoothie creamier and more filling. Nut butter also provides healthy fats and protein, making the smoothie more nutritious and satisfying.

For 4 servings, you will need:

- 720 ml milk
- 240 ml kefir
- 60 g forest berries
- 1 large banana
- 1–2 tablespoons nut butter



Method:

Place all the ingredients in a blender and blend until smooth. You can add more fruit to taste or adjust the amount of nut butter. And one final tip: healthy eating doesn't have to be complicated. Often, all it takes is a few everyday ingredients and a willingness to discover new combinations together with your children.