

Breakfast – the Best Beginning

Breakfast begins your toddler's daily routine of meals/snacks. Once a toddler wakes up, she is usually hungry in the morning. It's been hours since the evening meal and the bedtime snack!

Breakfast:

- provides food energy for the morning's active play.
- provides an opportunity to start the day by offering healthy foods.
- gets your toddler ready to learn. Kids learn better if they eat breakfast!

Simple, easy breakfast ideas:

- Ready-to-eat cereal with milk—or offer the cereal "dry" and a small amount of milk in a cup
- Hard-cooked egg, chopped
- Oatmeal with applesauce
- Yogurt with chopped pieces of fruit
- Toasted waffle, cut into "fingers"—dip in applesauce and eat
- Grits topped with cheese
- Scrambled eggs—plain or with melted cheese
- Rice and beans
- Fruit, cut into bite-size pieces

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

Let's Pretend

Move like an animal with your child.

- Stomp like a bear
- Fly like a bird
- Jump like a kangaroo
- Dig like a dog for a bone
- Move like a snake through the grass

Let's See, I'll Be...

With your child, imitate the action of:

- a tree swaying in the wind
- the rising sun
- a cat arching its back
- a flower seed growing and blooming

Learn, Move, and Have Fun!

