

Enjoy Healthy Snacks with Your Toddler

Snacks are part of the "mini-meals" routine. Toddlers have small stomachs. They need to eat every 2 1/2–3 hours. Most young children do best when fed four to six mini-meals (meals plus snacks) throughout the day.

- Offer meals and snacks at about the same time every day. Snacks should be offered about 2-3 hours before meals. Then your child should be hungry for mealtime.
- Snacks can fill the gap. If your toddler is not interested in food at a regular mealtime, offer healthy foods as snacks.
- Snacks should be used to satisfy hunger. Don't use food to quiet tears, reward behavior, or to calm your child.
- Offer milk, juice, or water as a drink. Put a small amount in a cup without a lid, so your toddler learns to drink from a cup.
- Encourage tooth brushing after meals and snacks. Or offer water after a snack to rinse food particles from the teeth.

Simple, healthy snack foods for toddlers:

Cereal (low sugar)	Milk (whole milk till the age of two)
Cheese	Fruit in bite-size pieces
Yogurt	Vegetables, lightly steamed in bite-size pieces
Whole grain breads	

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

Body Parts - Follow the Leader

- Move your body parts as you repeat the rhyme.
- Encourage your child to follow the actions: Go slowly at first.

Bend one knee and an elbow...

Nod your head, look high and low...

Can you follow these commands?

Shake a leg...Clap your hands...

Wave your arms...Make circles with your hips...

Wiggle your fingers....Grin with your lips...

Learn, Move, and Have Fun!

