

## Meal-Time Tips

- ❖ Space meals and snacks at least 2 hours apart, preferably 3 hours apart
- ❖ Toddlers should eat 3 meals a day with 2-3 snacks
- ❖ Give 1 tablespoon of food for every year your child has been alive
- ❖ Offer liquids only with meals and snacks
  - If child is thirsty in between meals, offer small sips of water
- ❖ Limit milk to 16-20 ounces a day, juice 4-6 ounces
- ❖ Don't prepare meal after meal when your child refuses to eat
  - End the meal and offer meal/snack 2-3 hours later
- ❖ Rotate your child's favorite food and continue to offer new foods

## Teaching Your Child About Food

- ❖ Encourage your child to open the lids of containers or the packages of food
- ❖ Show your child how fun it can be to stir food, squash it, smell it, pour it into different containers, and dump it out again
- ❖ Sit down at the table and play with food – squish it, wiggle it, poke it, finger paint with the food to make pictures
- ❖ Take foods and make a picture of a person
- ❖ Play with toy foods – play restaurant, going on a pretend picnic, have a tea party
- ❖ Use cookie cutters to cut food into different shapes
- ❖ Cook meals with your child, let her gather the ingredients and discuss the food properties