

FEEDING TIP: KEEP A MEAL/SNACK SCHEDULE

It's important for preschoolers to keep a meal/snack time schedule with only water in between. Creating a hunger pattern is critical in trying to change eating behaviors and trying new foods.

It is recommended that preschool aged children go 2 to 2 ½ hours between meals and snacks. This will allow children to learn when they feel hungry.

Grazing all day whenever a child asks for food, does not allow a child to detect feelings of hunger. They will also not be hungry enough to eat their meal or try new foods because they are full from constant snacking.

If your child is used to eating whenever he wants, you can teach him to wait by telling him, "soon it will be meal time" or "soon it will be snack time". If your child wants a drink, it is best to serve water in between meals and snacks so that he does not get filled up. Juice and milk can be served at meal and snack time.

If you need help establishing a mealtime and snack time schedule, please reach out to your child's speech therapist.