



Does your child want to snack all day long?

Your child may be copying how you or others eat - change your habits together.

- Develop a routine for eating. Serve meals and snacks at about the same times each day.
- Follow the same schedule with your child. Eat together at the same times.
- **Be consistent.** It can take at least two weeks with a new schedule to change your child's habits. Be patient!



Have planned, healthy snacks!

Offer 1 snack between breakfast and lunch.
Offer 1 snack between lunch and dinner.



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