Tips And Tricks For Serving Snacks To Toddlers



Do not replace your toddler's meals with snacks; make sure they have three meals a day.

SNACK

Stick to a certain quantity of snacking to avoid overeating.





Have a proper snacking schedule to prevent their demand for snacks at odd times.

Limit unhealthy snacks and focus on healthy options.



Don't force them to snack if they're not hungry.

Watch out for allergies when introducing new bites.



Source: https://www.momjunction.com/articles/quick-and-nutritious-snacks-for-your-toddlers_0080079/