

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.

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Stick to a certain quantity of snacking to avoid overeating.

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

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Limit unhealthy snacks and focus on healthy options.

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

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Watch out for allergies when introducing new bites.

