

Happy, Healthy Snack Times

1. **Get organized.** Gather basic snack supplies (cups, napkins, pitchers) so they are ready when you need them.
2. **Use helping hands.** Let kids help set the table and help with snack arrangement.
3. **Personalize snack time.** Encourage children to decorate or design their own placemat.
4. **Keep it clean.** Let children assist with washing food and food related items (apples, bowls), tables, and hands to learn how to stay healthy.
5. **Offer variety.** Make delicious theme-related snacks (for instance, banana, pineapple juice, and cheese all relate to the color yellow).
6. **Choose child-size snacks.** Encourage self-serving from easy to handle plates and bowls.
7. **Encourage independence.** Invite children to make their own snack—such as spreading peanut butter on bread.
8. **Play a little music.** Play soothing, pleasant music as children prepare for snack.
9. **Make it fun!** Plan some themed activities such as serving bagels, orange, or pizza - things that are round.
10. **Sit, relax, and enjoy.** Encourage the sharing of conversation and ideas as well as the food

Center for Effective Parenting

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*Adapted from Scholastic Early Childhood Today -
January-February 2004*

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