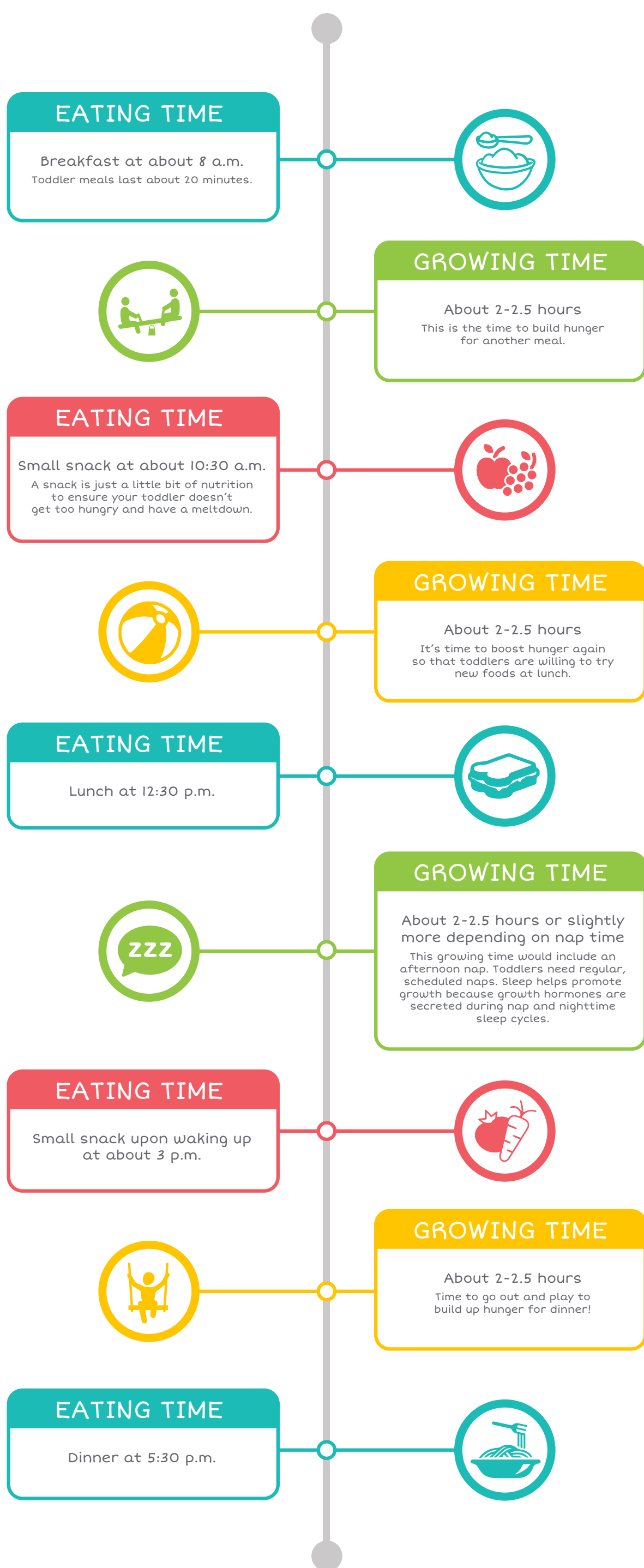


# The Feeding Schedule for Toddlers That Leads to Healthier Eating

Snacks and meals are known as “eating times,” and the 2-2.5 hours until a meal are known as “growing times.” It might look like this, depending on your child’s nap and activity schedule:



Source: Melanie Potock, MA, CCC-SLP