Breakfast at about 8 a.m.

Toddler meals last about 20 minutes.

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:

**EATING TIME**

- Breakfast at about 8 a.m. Toddler meals last about 20 minutes.

**GROWING TIME**

- About 2-2.5 hours. This is the time to build hunger for another meal.

**EATING TIME**

- Small snack at about 10:30 a.m. A snack is just a little bit of nutrition to ensure your toddler doesn’t get too hungry and have a meltdown.

**EATING TIME**

- Lunch at 12:30 p.m.

**GROWING TIME**

- About 2-2.5 hours. It’s time to boost hunger again so that toddlers are willing to try new foods at lunch.

**GROWING TIME**

- About 2-2.5 hours or slightly more depending on nap time. This growing time would include an afternoon nap. Toddlers need regular, scheduled naps. Keep helps promote growth because growth hormones are secreted during nap and nighttime sleep cycles.

**GROWING TIME**

- Small snack upon waking up at about 3 p.m.

**GROWING TIME**

- About 2-2.5 hours. Time to go out and play to build up hunger for dinner.

**EATING TIME**

- Dinner at 5:30 p.m.

Source: Melanie Potock, MA, CCC-SLP