GROW Clinic - MEAL / SNACK and SLEEP PLAN

TIME	TYPE (meal, snack, wake, bedtime or naptime)		PLAN		MEAL / DRINK IDEAS
		FOOD:			
		DRINK:			
		FOOD:			
		DRINK:			
		FOOD:			100 A
		DRINK:			TRY 3 FOODS PER PLATE:
		FOOD:			specific plan:
		DRINK:			1. 2. 3.
		FOOD:			DRINK: 4-6 oz each time
		DRINK			6 oz
		FOOD:			4 oz
		DRINK:			
					specific plan:
Need extra calories? TRY:		1.	2.	3.	4.

Try these at meal times:						
#1: Set a visible timer for:minutes Stay seated and FOCUSED on food during this time.	#2: Have caregivers MODEL self- feeding and food exploration. Have child hold OWN utensils during the meal.	#3: Keep meals FREE from distractions like toys, games, phones, iPads, TV and screens.				

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