


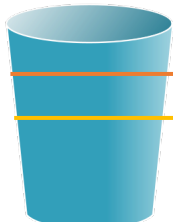


GROW Clinic - MEAL / SNACK and SLEEP PLAN

TIME	TYPE (meal, snack, wake, bedtime or naptime)	 PLAN		MEAL / DRINK IDEAS	
				  TRY 3 FOODS PER PLATE: specific plan: <ol style="list-style-type: none"> 1. 2. 3. DRINK: 4-6 oz each time  specific plan:	
		FOOD:			
		DRINK:			
		FOOD:			
		DRINK:			
		FOOD:			
		DRINK:			
		FOOD:			
		DRINK:			
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.