



# Supporting the Eater on the Move

Toddlers like to run around and move, which often leads to eating on the go or “grazing.” Grazing refers to eating small amounts of food over long periods of time, usually between mealtimes. Constant snacking or eating on the go can cause frustration when it’s time for sit down meals.

## Tip #1



**Pick one place to eat.**

Give your child a designated spot to eat and be consistent with using it.

## Tip #2



**Plan your meals.**

Offering calorie-dense, healthy options will help keep your child fuller longer between meals.

## Tip #3



**Keep mealtime short.**

Remember toddlers don’t sit still long, so keep expectations of sitting at meals short (around 10 minutes).

## Tip #4



**Make mealtime fun.**

Sit with your child and discuss the food you are eating together. Meals are a social time, where you can interact with and engage your child.

