



SNACK ROUTINES

into a

CONFIDENCE-BUILDING LESSON



♥ Small snacks. Big skills. Bright futures. ♥

Snack time is more than a break—it's an opportunity to build independence, healthy habits, and self-confidence that last a lifetime.

WHY SNACK ROUTINES MATTER



BUILDS INDEPENDENCE

Children learn to make choices and take care of their needs.



BOOSTS CONFIDENCE

Successful routines help kids believe in themselves.



SUPPORTS FOCUS & LEARNING

Healthy snacks fuel the brain for better concentration.



PROMOTES HEALTHY HABITS

Good choices now lead to a healthier future.



TEACHES RESPONSIBILITY

Routines create structure and a sense of accomplishment.

5 EASY STEPS TO A POSITIVE SNACK ROUTINE



PLAN TOGETHER

Let your child help choose snacks and plan the routine.



SET A TIME

Create a consistent snack time each day to build predictability.



MAKE HEALTHY CHOICES

Offer balanced options that give energy and support growth.



DO IT TOGETHER

Model the routine, then let them take the lead.



CELEBRATE EFFORT

Praise progress, not perfection. Every step counts!

SIMPLE SNACK IDEAS



Apple slices & peanut butter



Yogurt & berries



Cheese & whole grain crackers



Veggie sticks & hummus



Banana & nuts

Keep portions small, choices simple, and routines consistent. ♥

CONFIDENCE BOOSTERS ♥

- ☐ Encourage them to try new foods.
- ☐ Let them make safe choices.
- ☐ Offer choices between two healthy options.
- ☐ Give clear, simple instructions.
- ☐ Allow time to complete the routine.
- ☐ Use visual reminders or checklists.
- ☐ Stay positive and patient.
- ☐ Celebrate every small win!



Every snack is a chance to teach, connect, and empower.

You're building more than healthy habits—you're building confidence. ♥



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