



Donia Fahim

Education & Therapeutic Spaces Ltd.

SNACK TIME

TRACKING MY BITES, ONE BITE AT A TIME

www.doniafahim.com

SNACKTIME



To encourage your child to try small bites of snacks or new foods, consider using a Snack Tracker. Simply write the food items on the left column and mark them off each time your child takes a bite. This visual aid will show your child their progress and allow you to monitor their development as well. Happy snacking!

- 1 Sit at the table
- 2 When you finish put your plate in the kitchen
- 3 Wash hands

FOOD	BITES							
								<i>Well Done</i> FOR BITES
								
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