



Let's be Healthy

Open Snack Time @ EarlyON Let's Give it a Try!

Building independent doers and thinkers is a goal of early childhood educators and snack time is a terrific time to let children start developing this skill.

Now at the EarlyON sites snack is being offered for a longer period of time to allow children time to decide if they would like to participate or not. Children sometimes require a little extra time to play before they decide if they are ready to eat.

Facilitators will announce snack and encourage good hand washing prior to eating. Child sized utensils and pitchers will be available for children to serve themselves. This opportunity allows children to be independent in the process and in thought. They are able to choose which and how much of each snack they want. It is our job as facilitators and parents to provide assistance when needed and guide children through the process so they are able to learn how much snack they should take, how to use the utensils, how to pour the water and so forth.

Snack time offers an amazing social opportunity for children to make new friendships, to talk about their morning, to learn about others and about new foods as well as watching peers try new foods that they may not have wanted to try. This may encourage children to try something new.

The facilitator will help initiate conversations, role model manners and encourage children to try new foods. Its important to encourage, but not push children to eat what they do not like. Our role is to offer with the hope that one day they will decide to try a new food when they are comfortable and ready. Snack time should always be a fun social experience!

