

Parenting Whisper

Where Parents Feel Supported, Not Judged. ♥

BABY & TODDLER FEEDING SCHEDULE

A gentle guide to plan nutritious meals and build healthy habits. ♥

CHILD'S INFORMATION

Name: _____

Age: _____

Date Start: _____

Notes: _____

TIME	BREAST MILK / FORMULA	SOLID FOODS / MEALS	SNACKS	DRINKS (WATER)	NOTES
6:00 AM					
9:00 AM					
12:00 PM					
3:00 PM					
6:00 PM					
9:00 PM					
12:00 AM					
3:00 AM					

AGE GUIDE & FEEDING FREQUENCY ♥

	0 – 6 MONTHS Breast milk or formula	Every 2 – 3 hours (8 – 12 feedings per day)
	6 – 9 MONTHS Breast milk / formula + solids 2–3 times	Every 3 – 4 hours (5 – 6 feedings per day)
	9 – 12 MONTHS Breast milk / formula + solids 3 times	Every 3 – 4 hours (4 – 5 feedings per day)
	12 – 24 MONTHS Balanced family foods + snacks	3 meals + 2 snacks + milk as needed

SERVING GUIDE (APPROXIMATE) ♥

SOLID MEALS (PER MEAL)

-  6 – 8 months: 2 – 3 tbsp
-  9 – 11 months: ¼ – ½ cup
-  12 – 24 months: ½ – 1 cup

SNACKS (PER SNACK)

-  6 – 8 months: 1 – 2 tbsp
-  9 – 11 months: 2 – 4 tbsp
-  12 – 24 months: ¼ – ½ cup

FLUIDS (WATER)

-  6 – 12 months: 2 – 4 oz / day
- 12 – 24 months: 4 – 8 oz / day

HEALTHY FEEDING TIPS ♥

- ✔ Offer a variety of nutritious foods.
- ✔ Let your child decide how much to eat.
- ✔ Don't force or distract during meals.
- ✔ Encourage self-feeding.
- ✔ Offer water between meals.
- ✔ Be patient – new foods may take 10–15 tries!
- ✔ Trust the process. You're doing a great job!

FOOD GROUPS TO INCLUDE DAILY ♥



♥ Introduce new foods one at a time and watch for any reactions. ♥

NOTES & SPECIAL INSTRUCTIONS ♥



Good nutrition today, healthy habits tomorrow,
a happy child always. ♥



♥ EVERY MEAL IS AN OPPORTUNITY TO NOURISH, CONNECT & GROW TOGETHER. ♥ YOU'VE GOT THIS!



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WEEK OF:



HEALTHY TODDLER SNACK PLANNER

Plan ahead for simple, nutritious snacks your toddler will love! ♥

DAY	MORNING SNACK (AM)	MID-MORNING SNACK	AFTERNOON SNACK (PM)	EVENING SNACK	NOTES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

HEALTHY SNACK IDEAS ♥



♥ Mix & match to create balanced snacks! ♥

SNACK PREP CHECKLIST ♥

- ☐ Wash & cut fruits
- ☐ Chop veggies
- ☐ Portion snacks into containers
- ☐ Boil eggs
- ☐ Prepare yogurt / chia pudding
- ☐ Make homemade snacks
- ☐ Store in the fridge
- ☐ Pack snack bag
- ☐ Don't forget water!



NOTES ♥

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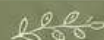
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Snacks are not just about filling little tummies.
They help provide energy, support growth,
and keep toddlers happy between meals.
Offer a variety, be consistent,
and trust the process!



SMALL SNACKS, BIG NUTRITION FOR GROWING KIDS. ♥





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TODDLER BREAKFAST PLANNER

WEEK OF:



Start the day with a nourishing breakfast and lots of love. ♥

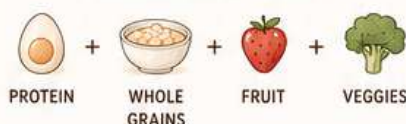
DAY	BREAKFAST IDEA	PROTEIN	FRUIT	EXTRA / VEGGIES	NOTES
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

BREAKFAST IDEAS ♥

- Oatmeal with fruit & nut butter
- Egg & avocado on whole grain toast
- Greek yogurt with berries & granola
- Banana pancakes
- Smoothie with spinach, banana & yogurt
- Whole grain cereal with milk & fruit
- Scrambled eggs with veggies
- Cottage cheese with fruit
- Whole wheat toast with nut butter & banana
- Overnight oats with chia & berries

MAKE IT BALANCED ♥

A balanced breakfast includes:



EXAMPLES

- ♥ Greek yogurt + Berries + Oats + Chia seeds
- ♥ Egg + Whole grain toast + Avocado + Fruit
- ♥ Oatmeal + Banana + Peanut butter
- ♥ Smoothie + Spinach + Banana + Yogurt

DON'T FORGET! ♥

- ☐ Offer water
- ☐ Sit together as a family
- ☐ Keep portions small
- ☐ Let your toddler listen to their hunger
- ☐ Be patient & positive

BREAKFAST PREP CHECKLIST ♥

- ☐ Grocery shop
- ☐ Prep fruits
- ☐ Boil eggs
- ☐ Chop veggies
- ☐ Make overnight oats
- ☐ Portion snacks
- ☐ Prepare smoothie packs
- ☐ Set the table

NOTES ♥



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Some mornings will be messy, and that's okay.
A loving, consistent start to the day
helps your toddler feel secure and ready to grow.
You're doing an amazing job!



GOOD FOOD. HAPPY KIDS. PEACEFUL PARENTS. ♥





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TODDLER LUNCH BOX PLANNER

WEEK OF:

Plan it today, pack it with love, and enjoy a happy lunchtime! ♥

DAY	MAIN (PROTEIN) 	GRAINS 	VEGGIES 	FRUIT 	EXTRA (OPTIONAL) 	NOTES 
 MONDAY						
 TUESDAY						
 WEDNESDAY						
 THURSDAY						
 FRIDAY						

LUNCH BOX CHECKLIST ♥

- ☐  Include a variety of colors
- ☐  Include whole grains
- ☐  Add healthy fats
- ☐  Add a water bottle
- ☐  Keep it cool & fresh
- ☐  Pack with love!



LUNCH BOX IDEAS

 PROTEIN IDEAS	Chicken pieces, Turkey roll-ups, Egg muffins, Tuna salad, Cheese cubes, Hummus, Meatballs
 GRAIN IDEAS	Whole grain bread, Mini pita, Brown rice, Quinoa, Pasta, Crackers, Tortilla
 VEGGIE IDEAS	Cucumber sticks, Carrot sticks, Cherry tomatoes, Bell peppers, Steamed veggies, Snap peas
 FRUIT IDEAS	Berries, Grapes, Apple slices, Banana, Kiwi, Orange segments, Melon, Mango
 EXTRA IDEAS	Yogurt, Homemade muffins, Smoothie pouch, Cheese stick, Nut butter, Boiled egg

DON'T FORGET! ♥



Water
bottle



Utensils
(if needed)



Napkin /
wipes



Ice pack
(if needed)



Fun note
or sticker

NOTES ♥



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Every child is different, and that's okay.
Some days they eat everything, and other days
almost nothing. Keep offering balanced options
with love and patience.
You're doing an amazing job!



GOOD FOOD. HAPPY KIDS. PEACEFUL PARENTS. ♥



WEEKLY FAMILY MEAL PLANNER

Plan together. Eat well. Make memories. ♥

WEEK OF:



DAY	 BREAKFAST	 LUNCH	 DINNER	 SIDE DISH / VEGGIES	 NOTES
 MONDAY					
 TUESDAY					
 WEDNESDAY					
 THURSDAY					
 FRIDAY					
 SATURDAY					
 SUNDAY					

MEAL PLANNING TIPS ♥



Plan balanced meals with protein, whole grains, veggies & healthy fats.



Prep ingredients ahead to save time.



Keep it simple & realistic.



Include foods your family already enjoys.



Stay flexible and enjoy the moments together.

GROCERY LIST 

 PRODUCE

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

 PROTEIN

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

 PANTRY

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

 DAIRY / OTHER

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

FAMILY FAVORITES ♥

♥ Breakfast:

♥ Lunch:

♥ Dinner:

♥ Snacks / Treats:





MEAL PREP CHECKLIST

☐ Plan meals

☐ Check what's in the fridge/pantry

☐ Make grocery list

☐ Go grocery shopping

☐ Prep ingredients

☐ Portion & store

☐ Set the table & enjoy!

Good food.
Happy family.
Beautiful memories. ♥





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WEEKLY TODDLER MEAL PLANNER

Plan healthy meals. Save time. Enjoy more moments together. ♥

GOAL OF THE WEEK



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DAY	 BREAKFAST	 LUNCH	 SNACK	 DINNER	 NOTES
 MONDAY					
 TUESDAY					
 WEDNESDAY					
 THURSDAY					
 FRIDAY					
 SATURDAY					
 SUNDAY					

SHOPPING LIST

-  Fruits
-  Vegetables
-  Protein
-  Whole Grains
-  Dairy
-  Healthy Fats
-  Snacks
-  Pantry Items
-  Other _____

☐ _____

☐ _____

☐ _____

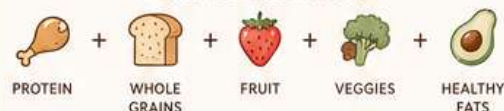
MEAL PREP CHECKLIST ♥

- ☒ Plan meals
- ☒ Grocery shop
- ☒ Wash & prep produce
- ☒ Cook & portion proteins
- ☒ Cook grains
- ☒ Prep snacks
- ☒ Fill water bottles
- ☒ Pack lunch boxes
- ☒ Store properly
- ☒ Enjoy more family time! ♥



TODDLER MEAL GUIDE

A balanced meal includes:



EXAMPLE MEAL

Grilled chicken + Brown rice +
Steamed broccoli + Blueberries + Avocado



NOTES ♥

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Progress matters more than perfection.
Some days your toddler will eat everything,
and other days almost nothing.
Keep offering balanced meals with love
and patience. You're doing great! ♥



GOOD FOOD. HAPPY KIDS. PEACEFUL PARENTS. ♥

YOU'VE GOT THIS! ♥