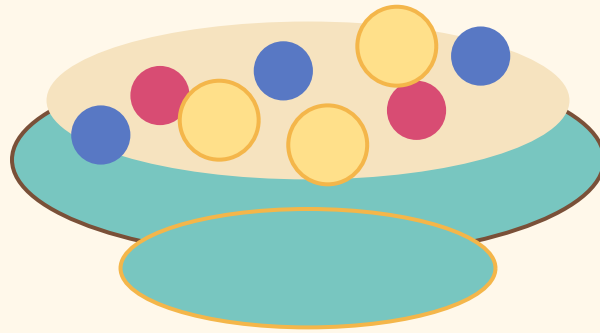


Breakfast Power Bowl Builder Pack

A music, routine, and picky-eater support printable

Build - Sing - Count - Taste - Celebrate



Created for Kids Songs Learning Hub

kidssongslearninghub.com



How to Use This Pack

Keep breakfast calm, playful, and low-pressure



Use one page at a time. The goal is not to make a child finish every bite. The goal is to create a calm morning routine, offer simple choices, and help your child feel included.

1

Choose the oat base

Make plain oats or porridge in a way your child usually accepts.

2

Offer two or three choices

Too many toppings can feel overwhelming. Keep it simple.

3

Sing the breakfast chant

Use the same song or rhythm so breakfast feels predictable.

4

Praise effort

Notice stirring, smelling, choosing, counting, or trying. Do not pressure.

Adult note

Always supervise children during food preparation and eating. Prepare toppings in age-appropriate sizes. Avoid choking hazards such as whole grapes, whole nuts, large chunks of fruit, thick nut butter, and hard toppings for younger children.



Build-Your-Own Oatmeal Bowl

Let your child choose, sprinkle, stir, and sing



Tick the parts your child wants to try today. Keep it simple and use toppings that are safe for your child.

Step 1: Choose the base

- ☐ Rolled oats or porridge
- ☐ Milk, water, or milk alternative
- ☐ A little cinnamon if your child likes it



Step 2: Choose soft fruit

- ☐ Mashed banana
- ☐ Chopped strawberries
- ☐ Soft blueberries
- ☐ Cooked apple pieces



Step 3: Add a creamy topping

- ☐ Yogurt swirl
- ☐ Smooth nut butter if safe
- ☐ Seed butter if safe
- ☐ A little milk to cool the oats



Step 4: Make it fun

- ☐ Count the berries
- ☐ Stir slowly
- ☐ Sing the breakfast song
- ☐ Give your bowl a silly name





Breakfast Topping Choice Cards



Cut, choose, or point to a topping idea

Use these cards as visual choices. Offer two or three at a time so your child does not feel overwhelmed.



Banana

soft and sweet



Strawberry

red and fruity



Blueberry

small and soft



Apple

cooked or soft



Yogurt

creamy swirl



Cinnamon

tiny sprinkle



Raisins

small pieces



Cereal Crumbs

older children



Plain Oats

safe base



Morning Breakfast Song

Sing while you stir, sprinkle, and count



Breakfast Power Bowl Song

Stir, stir, round we go,
Warm oats moving nice and slow.
Sprinkle fruit, count one, two, three,
Breakfast time is fun for me.

Tap, tap, hear the beat,
Little breakfast helper in your seat.

Choose, taste, smile and say,
We are starting a brand-new day!

Make your own verse

I can _____ with my spoon,

I can _____ this afternoon,

I can _____ carefully,

Breakfast time is fun for me!





Count the Berries Activity

Count, colour, and decorate the bowl



Count the berries. Then colour or draw your own toppings in the empty bowl.

Strawberries



How many? _____

Blueberries



How many? _____

Banana slices



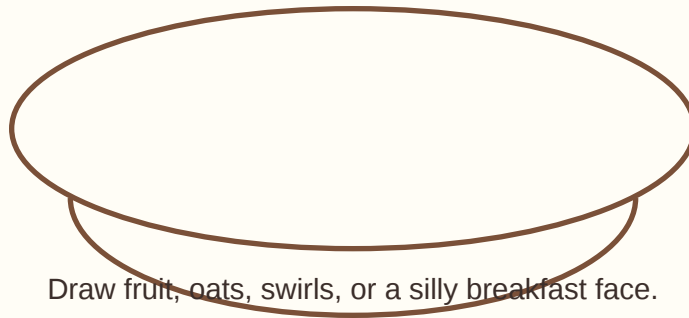
How many? _____

Apple pieces



How many? _____

Decorate your own breakfast bowl



Draw fruit, oats, swirls, or a silly breakfast face.



My Breakfast Helper Jobs Chart



Circle or tick what your child helped with

Give one job at a time. Praise effort, gentle hands, listening, and trying.

☐

Wash

hands or fruit

☐

Stir

oats carefully

☐

Sprinkle

safe toppings

☐

Count

berries or spoons

☐

Choose

one topping

☐

Smell

a new food

☐

Taste

a tiny bite

☐

Tap

the breakfast beat

☐

Sing

the morning song

☐

Clean

wipe the table

Today I helped with: _____



Picky Eater Parent Notes

A calm, low-pressure reflection page



Use this page to notice patterns. This is not a test and not a medical feeding plan. It is simply a parent reflection tool.

Foods my child usually accepts:

New food we offered gently:

What helped breakfast feel calmer?

What made breakfast harder today?

Gentle reminder

Tiny steps count: smelling, touching, stirring, choosing, sitting near the food, or taking one small taste can all be progress for a picky eater.

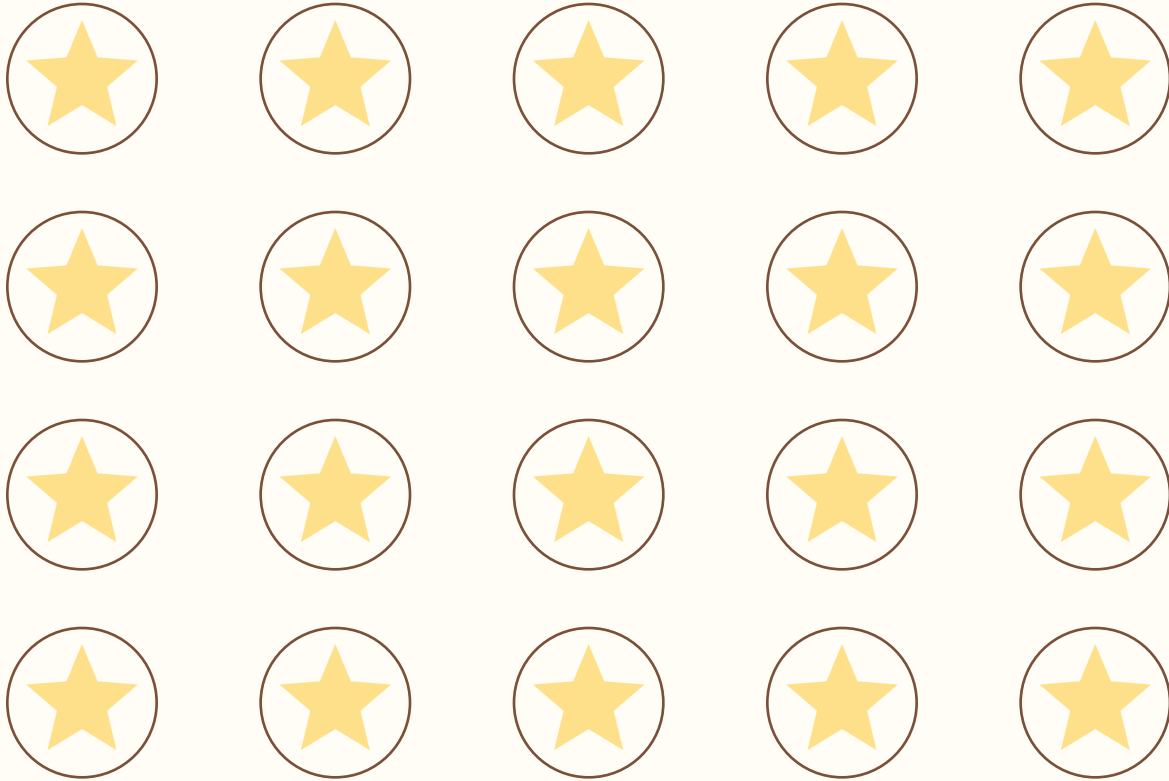


I Helped Make Breakfast

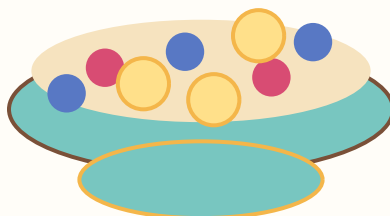
Colour one star for each calm breakfast helper moment



Praise effort, not empty bowls. Colour a star for stirring, choosing, smelling, counting, singing, or trying.



My best breakfast helper skill was: _____



Little Breakfast Helper

Certificate of Achievement

This certificate is proudly awarded to

Name

for helping with breakfast, using gentle hands, singing the morning song,
and trying small steps with confidence.



Date



Grown-up signature

