

## Ellyn Satter's Division of Responsibility in Feeding Toddlers to Teens

| Your Responsibilities as a Parent   | Your Child's Responsibilities                            |
|---|--|
| What food is provided<br><br>When food is available<br><br>Where the food is consumed | How much food she/he eats<br><br>Whether they eat or not |

### Parents' Feeding Jobs

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

**Fundamental to parents' jobs is to trust children to decide how much and whether to eat. If parents do their jobs with feeding, children will do their jobs with eating:**

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table

### The Division of Responsibility for Infants:

- The parent is responsible for what
- The child is responsible for how much (and everything else – when, where)

The parent helps the infant to be calm and organized and feeds smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts

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