

FEEDING YOUR CHILD

"The way feeding is conducted can support your child's being competent with eating, growing appropriately, and participating in mealtime harmony-or it can do the opposite."

Ellyn Satter, RDN and
Family Psychologist

Normal Behavior for a Child to ...

Eat a lot one day
and a little the next day

Sit at the table and
not sit still

Sit at the table but want down
or to leave the table when they
are full and done eating

Not to eat all the food but
1-2 foods on their plate

Get tired of some foods and
experiment with new
foods if allowed

Try a new food can
take multiple
offerings

Division of Responsibility

Child

Eating the amount
they need

Learn to behave
well at
mealtime

Grow predictably in the
way that is right for
them

Learn to eat the food
their parents eat



Parent

Provide opportunities
to master skills

Provide regular
meals and snacks

To make eating time
pleasant and
pressure-free

Accept and support
the child's growth
patterns physically
and mentally

Choose and prepare food...
healthy or not!

HYN® Healthy You Nutrition



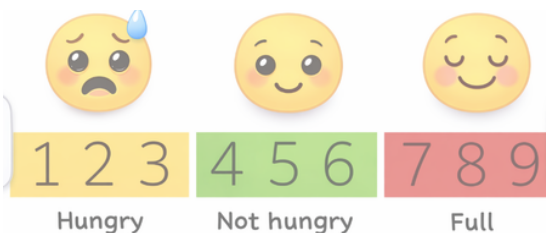
Mindful Eating

Parents (feeders) can guide children (eaters) to notice their feelings about hunger and fullness cues.

REMINDER:

**PARENTS
STAY IN YOUR
LANE**

USE THE
HUNGER AND
FULLNESS
SCALE



Want

They want to be interested in the food they will be eating

At Mealtimes Children

Relaxed while eating meals and snacks

No pressure before or during eating

Need

Go by feelings of hunger and fullness to know how much to eat and how to grow

Have structure that is inviting and not stressful

Enjoy meals and snacks

Behave well

Be comfortable with unfamiliar food

Take Away Thoughts

Give time for change to occur

Let pressuring your child out of the mealtime scenario

Don't stress if your child doesn't eat much

"Here is what we have to eat, maybe later at snack time you can eat again?"

Include bread and margarine and fruit as sides

A child is more often going to try a new food if they are hungry

Make mealtime relaxing and fun

Offer snacks 2-3 hours before a meal or just water in-between meals to help with hunger