



www.jeffcochildcare.org

**Nominate Your
Child Care Provider
For JCCCA
Provider of The Month!
E-Mail Nikki
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ELLYN SATTER'S DIVISION OF RESPONSIBILITY IN FEEDING

Children have natural ability with eating. They eat as much as they need, they grow in the way that is right for them, and they learn to eat the food their parents eat. Step-by-step, throughout their growing-up years, they build on their natural ability and become eating competent. Parents let them learn and grow with eating when they follow the Division of Responsibility in Feeding

Parents' feeding jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Step-by-step, show children by example how to behave at family mealtime.
- Be considerate of children's lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Let children grow up to get bodies that are right for them.

Children's eating jobs:

- 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 mealtime.

See <https://www.ellynsatterinstitute.org/> for more about eating and feeding and for Ellyn Satter's books, videos, and other resources.

Hearts

**Red hearts, white hearts,
Pink hearts, too.
I love purple hearts.
How about you?
Green hearts, yellow hearts,
Blue hearts, too.
I love rainbow hearts.
How about you?**

Healthy Snack Ideas

Cheese and Strawberries

Blueberries and Yogurt

Avocado and Whole Wheat Bread

Turkey and Carrots

Parent Page Edited by
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