

Ellyn Satter's Division of Responsibility



<p>Parents are Responsible for: <i>What, When and Where</i></p>	<p>Children are Responsible for: <i>How Much and Whether</i></p>
<p>Parents' Feeding Jobs:</p> <ul style="list-style-type: none">• Choose and prepare a nourishing range of foods.• Provide regular meals and snacks.• Make eating times pleasant.• Show children by example how to behave at a family mealtime.• Be mindful of children's lack of food experience, without letting them choose what's on the menu.• Not let children have food or beverages (except for water) between meal and snack times.	<p>Children's Eating Jobs:</p> <ul style="list-style-type: none">• Decide if they want to eat the food offered.• If they do eat the food offered, they determine how much.• Learn about new foods, even if they do not want to eat them straight away.• Learn to behave well at mealtimes.