



## The Satter Division of Responsibility in Feeding

The best way to feed your child is to follow the Satter Division of Responsibility in Feeding. The Division of Responsibility encourages you to take leadership with feeding and give your child autonomy with eating.

- As a parent, you provide structure, support, and opportunities to learn.
- Your child chooses how much and whether to eat from what you provide.

## The Division of Responsibility

### Toddlers through Adolescents

- You are responsible for **what**, **when** and **where** to feed your child.
- Your child is responsible for **how much** and **whether** to eat the foods you offer.

#### Do your feeding jobs:

- Choose and serve the food.
- Make eating time pleasant.
- Show your child how to behave at meals.
- Maintain structure: Provide regular meals and snacks. Offer your child water between regular meals and snack times but not other drinks or food.

#### Trust your child to do their eating jobs:

- Let your child grow in his or her own way. He or she will eat the amount he or she needs.
- He or she will learn to eat the foods you eat.
- He or she will learn to behave well at family meals.
- He or she will grow to have the body that is right for him or her.

## Structure is essential!



**Your child will eat and grow well if you maintain structure.**

Have a schedule for sit-down family meals and sit-down snacks and stick with it.



**Structure lets your child know he or she will be fed.**

It helps him or her eat what and how much his or her body needs.



## Have family-friendly meals.



### Have food you enjoy.

Put together what you enjoy and ordinarily eat and provide it for the family at mealtime. Family meals need to be rewarding to plan, prepare, and eat.



### Make mealtimes pleasant.

Talk with and enjoy each other. Now is no the time to scold or fight. Your child wants to be at family meals because you are there. Turn all electronics off.



### Lighten up your definition.

A family meal is when you all sit down together, share the same food, and pay attention to each other. You don't need a table (even a blanket on the floor will do) and the food does not need to be fancy.



### Let everyone decide what and how much to eat from what you provide for the meal.



### Make only one meal, but include easy-to-eat foods.

Include one or two foods that each person generally likes to eat and can fill up on, such as bread, pasta, rice, fruit, etc. Don't worry if your child eats only that one food meal-after-meal, day-after-day. Eventually, he or she will eat something different.



### Start by getting in the meal habit.

Make meals your idea, based on food you usually eat. Do not just offer meals when somebody asks for food.



### Remember whose meal it is.

It is yours, and you are inviting your child to join you. You know more about food than your child does. Sooner or later your child will eat many foods that you like to eat.



## Have structured, sit-down snack times.



**Regularly scheduled, sit-down snacks are an essential part of feeding and eating.**

If your child complains about being hungry in between meals, you can tell your child, "Snack-time is coming soon."



**Offer several types of food at snack time.**



**Allow your child to eat as much of the snack as he or she wants.**



**Manage amounts by managing timing.**

Have a snack long enough after the last meal so your child is hungry and long enough before the next meal so your child can be hungry again.

## Make sure you stick to your schedule.

**Help your child understand that...**



**Food will be available at mealtime and snack time.**

Other than that, the kitchen is closed.



**You do not have to eat anything you do not want to eat.**



**You do have to say, "Yes, please," and "No, thank you."**



**You will not say, "Yuck."**



**There will always be bread\* on the table and you can eat as much of it as you want.**

Even if your child does not eat anything else. *\*bread or another food that generally everyone likes and can fill up on such as rice, pasta, fruit, etc.*



**When I make something new, I will also make something you usually enjoy.**



**Some nights, I will make one person's favorite meal...**

...and sometimes I will make your favorite meal.

## Try not to make a big deal about eating and avoid pressuring your child to eat.



### Ask yourself why you are doing something with feeding.

Is it to get your child to eat more, less, or different foods than they do on their own? If so, it is pressure.



### Make mealtimes pleasant and talk about things other than food.



## Food waste is a part of learning to eat.



### Avoiding food waste is important but it is to be expected while your child is learning to eat.

At first, your child may serve themselves more than they can eat. Encourage your child to take small servings but reassure him or her that he or she can always have more if he or she wants.



### Do not make your child eat all of his or her food, even if he or she takes a little.

If you pressure your child to clean his or her plate, it will teach him or her to ignore his or her hunger and fullness.



### Eventually, your child will learn to make more appropriate portion sizes and waste less food!

## Make wise use of "forbidden" foods.

Children who regularly get to have "forbidden" foods during meals and snacks will eat as much as they are hungry for then stop. Children who are not allowed regular access to these foods eat a lot when they get the chance and tend to overeat them. The trick is to include these foods regularly enough that they don't feel like "forbidden" foods. Provide these foods to your child at certain times. For instance:



### Include chips or fries at mealtimes.

How often you do this is up to you. Plan to have enough so everyone can eat as much as they want. Unlike sweets, fatty foods do not compete as much with other mealtime foods.



### Have sweets for dessert, but limit everyone to one serving.

Put that serving at each person's place. Let your child or yourself eat it before, during, or after the meal.



### Offer unlimited sweets at occasional snack times.

How often is up to you. Offer milk and a plate of cookies. Have your child sit down and eat as many cookies and drink as much milk as he or she wants. At first, your child may eat a lot but later he or she will not have as many.



### Have soda occasionally for snack time or with a particular meal.





## Your child will experiment to be sure the rules are really the rules.

Your reactions can pull you into being controlling — into trying to do your child's part with the Division of Responsibility.

### Parenting with the Division of Responsibility in Feeding

Your Child's Move:	Your Move:
Your child is too worked up and busy to eat.	Spend a few minutes with your child just before the meal, reading a book or washing hands. Set a 5-minute timer.
Your child cannot take time to eat.	Arrange for your child to be hungry by not letting him or her eat between times.
Your child is too hungry to wait for meals.	Have sit-down snacks between meals.
Your child is messy on purpose — he or she drops, throws, or smears food — for fun or to get a rise out of you.	Give your child one warning, then have him or her leave the meal. Don't let your child come back.
Your child does not want to stay at the meal until you finish eating.	Let him or her leave when he or she gets full. Your child will stay at the meal longer as he or she gets older and enjoy the conversation.
Your child is acting inappropriately or otherwise disruptive at the meal.	Have your child leave. He or she is full or he or she would eat—and behave!
Your child comes back right after the meal, begging for a food handout.	Don't give your child food until snack time. Ignore his or her tantrums.
Your child gets down from the table, but want your attention, to sit on your lap, or to eat off your plate.	Pat your child on the head and send him or her away. Teach your child to play quietly while you eat.
Your child does not eat "enough" at mealtime.	Only your child knows how much is enough. Don't let them eat or drink between times, except for water. Plan a snack for a set time between meals and stick to it.
Your child wants to make something different.	"Part of family meals is sharing the same food. You do not have to eat anything if you do not want to..."

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!