



## *Ellyn Satter's Feeding with Love and Good Sense II*

### Vignette Summary with Content and Run Time

Segment	Vignette	Age	Min:Sec	Topic
<b><i>Infant</i></b>				
	<i>Introduction</i>		1:12	Feeding is parenting. Trust. Meet child's <i>and</i> parents' needs.
	Ashley	3 wk	4:40	Positive breastfeeding (latch-on, suck-swallow). Sleep states.
	Sebastian	2 mo	3:38	Positive formula-feeding. Following child's cues. Brief sleep states.
	Caroline	3 mo	2:02	Positive breastfeeding (latch-on, suck-swallow). Hungry days.
	Emerson	4 mo	2:39	Pressured feeding—bottle. Poor reciprocity.
	Chase	4 mo	2:44	Lack of interest in too-early solids. Interest in <i>things</i> . Sleep problems.
	<i>Summary</i>		1:09	Division of responsibility. Cultivate curiosity. Wait to start solids.
	Total		18.22	
<b><i>Transitional Child</i></b>				
	<i>Introduction</i>		1:18	Starting solids to family meals. Children vary. Keep it casual.
	Jatta	5 mo	2:30	Positive first solid feeding. Breastfeeding (latch-on, suck-swallow).
	Micah, Sam	4.5 mo	1:49	(+) and (-) reaction to too-early solids. Babies at family meal.
	Ella	6.5 mo	4:22	Positive, experienced semi-solids. Unfamiliar food.
	Zubin	6 mo	2:20	Negative semi-solids. Parent charmingly pushy.
	Alex	10 mo	1:57	Getting stuck on semi-solid food.
	Andrew	7 mo	3:26	Introduction to family food. Mid-transition to family meal.
	Madison & Daniel	12 mo	4:13	Self-feeding at family meal. Oral-motor development and hand-mouth coordination. Child obesity.
	<i>Summary</i>		1:13	Division of responsibility. Children's eating competence.
	Total		23.16	
<b><i>Toddler</i></b>				
	<i>Introduction</i>		1:20	Toddlers learn to be part of the family. Structure is critical.
	Zoey	30 mo	1:46	Positive toddler meal. Orderly behavior.
	AJ	24 mo	2:53	Positive toddler meal. Squirmy, messy, talkative toddler
	Isabella	24 mo	1:43	Fussing by grandmother. Toddler quiet, reserved.
	Janelli	24 mo	1:25	Pressure to use fork, child (-) reaction. Struggle undermines eating.
	Gage	26 mo	2:21	High parent interference. Child poor eating, distress, tantrum.
	Luke	34 mo	1:59	Positive meal. Pressure at the end to finish food. Compliant child.
	Drew	21 mo	2:24	Dinner for children only. Dessert strategy.
	Joel	22 mo	0:40	Sit-down snack. Roaming with juice.
	Gage	26 mo	0:32	Snack timing. Small snack to tide over for dinner.
	Seve	19 mo	2:49	Positive family meal, negative end—child disrupts parents' meal.
	<i>Summary</i>		1:14	Division of responsibility. Structure, chances to learn, <i>no</i> pressure.
	Total		21.13	
<b><i>Preschooler</i></b>				
	<i>Introduction</i>		1:06	Preschool eating competence. Do your jobs; don't do your child's.
	Flora	4.5 yr	1:40	Positive family meal. Child self reliant, coordinated, hungry.
	Jake	5 yr	2:50	Parent interference: Utensils, clean plate
	Annie	4.5 yr	0:57	Preschool wiggling, talking. Can't sit still.
	Tiara	4 yr	2:25	Child eats a <i>lot</i> , father interferes. Undermines internal regulation.
	Shaun	3.5 yr	1:58	High parent interference, pressure to eat green beans.
	Gracie	5 yr	2:48	Child overweight. Parents dictate what, how much; child compliant. Undermining internal regulation.
	Luis	5 yr	1:01	Inadvertent neglect in positive context.
	Jacqueline	3 yr	1:50	Inadvertent neglect. TV at meal. Social isolation. Attention only around food. Learning to eat for emotional reasons.
	<i>Summary</i>		1:05	Keep feeding this way throughout your child's growing-up years.
	Total		17.49	