



## Theoretical underpinnings of feeding

### Research, education, and intervention

<b>Trust: fdSatter, sDOR</b>	<b>Control</b>
<i>Trust</i> In the context of positive feeding, letting the child decide <i>what</i> and <i>how much</i> to eat. “Supporting the child’s self-control.”	<i>Control</i> Whatever the feeding context, trying to manage <i>what</i> or <i>how much</i> the child eats.
Children have a tendency to eat as much as they need and grow consistently.	Children have a tendency to eat too much and get too fat.
Extreme innate characteristics around food (a big child who eats rapidly and a lot; a small child who eats slowly and not so much) don’t necessarily lead to errors in food regulation. Attempting to moderate these natural characteristics is likely to exacerbate dysregulation.	Some children have innate characteristics which are obesogenic: they love food too much, eat too enthusiastically, don’t have a stopping place, are too fat to begin with. Those children’s eating needs to be curbed so they don’t overeat.
Given distortions in feeding dynamics, children can get too fat. Those who show significant, abrupt weight acceleration need to be evaluated and disruptive influences addressed.	Children whose BMI is $\geq 85^{\text{th}}$ percentile are overweight; those whose BMI is $\geq 95^{\text{th}}$ percentile are obese.
Children can get too fat when parents (and others who parent) cross the lines of sDOR by imposing pressure (e.g. food restriction and coercion) or fail to provide support (e.g. structured meals and snacks and no food or drinks [except water] between times).	Children get too fat if they eat the wrong foods, fail to eat the right foods, eat too-big portion sizes, and eat too-high caloric density food.
“Poor” food selection only overwhelms children’s ability to regulate food intake when feeding dynamics is distorted.	“Poor” food selection can overwhelm children’s ability to regulate food intake.
Parents who are eating competent do better with administering sDOR: providing structure with feeding and giving autonomy with eating.	Parents’ eating the right foods in the proper portion sizes models eating moderation and produces slimmer children.
<b>Intervention:</b> Helping parents establish and maintain sDOR with particular attention to maintaining structure and giving the child autonomy with eating. Raising children to be eating competent.	<b>Intervention:</b> Managing food selection and regulation (what and how much) to get children to consume certain foods in certain amounts and grow in certain ways; teaching children to consume certain foods in certain amounts.

For more about feeding according to the trust model, see Ellyn Satter’s books, videos, and articles, published at [www.EllynSatterInstitute.org](http://www.EllynSatterInstitute.org).

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