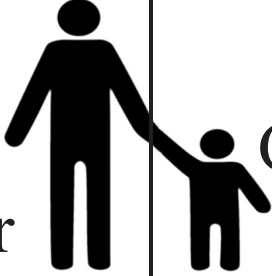


FEEDING WITH LOVE AND GOOD SENSE

Our child care follows Ellyn Satter's Division of Responsibility in Feeding

Feeding demands a division of responsibility

Adults  Children
are responsible for *what, when, and where.* are responsible for *how much and whether.*

We provide nutritious meals and snacks at regular times.

Scheduled meals and snacks are an important part of our program day.

- We sit down to eat with children and have good times.
- We eat the same foods that the children eat.
- We help children learn to behave well at meal-times.

We follow state and federal guidelines to plan meals and snacks.

- We keep in mind the special food needs of small children.
- We offer familiar food that children generally eat along with unfamiliar food.

We trust children to manage their own eating.

Children will eat, they will eat what they need, and they will learn to eat the foods that we offer.

- We let children choose from the food we make available.
- We let children eat as little or as much of the food as they want.
- We let children not eat what they don't want to.

Some days children eat a lot, and other days not so much. They know how much they need.

- We do not limit the amounts children eat.
- We do not pressure children in any way to eat certain foods.
- We do not pressure children in any way to eat certain amounts of food.

For more about feeding in child care, read
Child of Mine: Feeding with Love and Good Sense
or visit www.ellynsatterinstitute.org



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