Ellyn Satter’s
Division of Responsibility in Feeding

Parents are responsible for:
What, When and Where

Parents’ Feeding Jobs:
• Choose and prepare the food.
• Provide regular meals and snacks.
• Make eating times pleasant.
• Show children by example how to behave at family mealtime.
• Be considerate of children’s lack of food experience without catering to likes and dislikes.
• Not let children have food or beverages (except for water) between meal and snack times.
• Let children grow up to get bodies that are right for them.

Children are responsible for:
How Much and Whether

Children’s Eating Jobs:
• Children will eat.
• They will eat the amount they need.
• They will learn to eat the food their parents eat.
• They will grow predictably.
• They will learn to behave well at mealtime.

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