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.

©2015 by Ellyn Satter published at www.EllynSatterInstitute.org. You may reproduce this poster if you don’t charge for it or change the content and if you do include the copyright statements. See more at: http://ellynscatterinstitute.org