Appropriate feeding depends on following the Satter Division of Responsibility in Feeding. The child must be allowed and encouraged to determine what and how much to eat from what the parent provides.

<table>
<thead>
<tr>
<th>Child's Age, Developmental Tasks</th>
<th>Parents' Jobs in Optimum Feeding</th>
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</table>
| **Newborn 1-3 months**          | **Core tasks:** Observe and understand the infant  
Remaining calm and alert  
Begin to be interested  
Filter stimuli  
Regulate sleep states |
| **Infant 2-6 months**           | **Core task:** Develop and maintain emotional give and take  
Attachment  
Learn to love  
Coordinate reflexes  
Move and communicate deliberately |
| **Older baby 5-9 months**       | **Core task:** Understand and support the child’s interest  
Attachment/separation individuation  
Consolidating attachment  
Beginning to experience self as separate |
| **Almost-toddler 7-15 months**  | **Core task:** Recognize and support the child’s need to do it herself  
Separation individuation  
Begin to experience self as separate  
Cares deeply about doing it him- or herself |
| **Older toddler 11-36 months**  | **Core task:** Teach child he or she is part of the family  
Separation individuation  
Somatopsychological differentiation (distinguishing feelings from sensations)  
Organizes behavior into sequences  
Develops concept of control  
Develops perception of self as “separate”  
Grapples with balancing connection and autonomy |
| **Preschooler 3-5 years**       | **Core task:** Clarify choices about parenting: authoritarian, permissive, authoritative  
Initiative  
Learning and doing  
Working toward mastery  
Symbolic thought: “figures out”  
Imitates and tries to please |