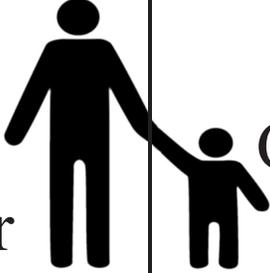


FEEDING WITH LOVE AND GOOD SENSE

Our child care follows the Satter 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 food that is unfamiliar to them.

We trust children to eat *whether* and *as much* as they want.

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 more or less than they want.

For more about feeding in child care, read

Ellyn Satter's Child of Mine: Nurturing a Confident and Joyful Eater

or visit www.ellynsatterinstitute.org



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