

# HOW TO HELP NOT HINDER

When parents start following the Satter Division of Responsibility in Feeding, they are learning a new way of dealing with mealtimes. Here are some ways to handle common mealtime situations that **help**; not hinder child feeding, and family mealtimes.



What the Child Says or Does	Words and Actions That Can HINDER	Words and Actions That Can HELP
<p><b>"Yuck, I don't like it. I'm not eating that".</b></p> <p><b>OR</b></p> <p><b>It seems the child eats too little.</b></p>	<p>"It's good; you'll like it."</p> <p>"It will make you big and strong."</p> <p>You have to take a bite.</p> <p>"I made it and you're going to eat it."</p> <p>"That makes me feel bad when you say that."</p> <p>"What else would you like?"</p> <p>"I'll make you something else."</p>	<p>Avoid pressure; both positive and negative.</p> <p>"You don't have to eat it, but you do need to turn it down nicely. If you don't want it, just say <i>no, thank you</i>."</p> <p>"You are welcome to sit with us for a little bit while we eat."</p>
<p><b>The child is being picky about the food offered.</b></p>	<p>Make a separate meal or offer something they generally eat, such as cereal.</p>	<p>Offer one or two items at meals and snacks that they generally eat, and let them eat as much of those foods as they want. This reassures them they'll get fed, so they can explore new foods. Teach them how to refuse foods politely. They can say "No thank you. I don't want that." Let them leave the meal when they are done eating.</p>
<p><b>The child tries new food but spits it out.</b></p>	<p>"Swallow that; don't spit it out."</p>	<p>"You don't have to swallow it if you don't want to."</p> <p>Teach them how to remove food from their mouth by putting a napkin close to their mouth and spitting the food into it.</p>
<p><b>It seems the child eats too much.</b></p>	<p>"You've had too much - that's all for now."</p>	<p>Before the meal, remind everyone that they can eat as much as they want. Or, say nothing.</p>
<p><b>The child tries a new food.</b></p>	<p>"You are so good."</p> <p>"I'm so proud of you."</p>	<p>Say nothing.</p>