



# Satter Division of Responsibility in Feeding (sDOR)

Children are born Eating Competent: They *want* to eat, know *how much* to eat, and can *grow* in the way that is right for them. Parents' following sDOR preserves those powerful eating attitudes and behaviors and supports children in learning to eat a variety of food.

## sDOR for infants

- The parent is responsible for *what*.
- The child is responsible for *how much* (and everything else).

Parents choose breast- or formula-feeding and help the infant be calm and organized. Then they feed smoothly, paying attention to information coming from the baby about timing, tempo, frequency, and amounts.

## sDOR for babies making the transition to family food

- Parents are still responsible for *what*, and are becoming responsible for *when and where* the child is fed.
- The child is still and always responsible for *how much* and *whether* to eat the foods parents offer.

Parents offer and progress solids based on what the child can *do*, not on how *old* they are. Parents introduce semi-solids, then thick and lumpy food, then finger food at family meals. The routine changes from the infant's demand feeding to the older child's meals-plus-snacks pattern of family meals and sit-down snacks.

## sDOR for almost-toddlers

- Parents are responsible for the *what*, *when*, and *where* of *feeding*.
- The child is responsible for the *how much* and *whether* of *eating*.

Based on the child's increased regularity with eating, parents make skillful use of sit-down snacks at regular times to allow the child to fit into the predictable structure of family meals and snacks. The cup replaces nipple feedings at mealtime. Between-times nipple feedings become snacks that transition into "big-child" food.

## sDOR for toddlers through adolescents

- Parents are responsible for the *what*, *when*, and *where* of *feeding*.
- The child is responsible for the *how much* and *whether* of *eating*.

### Parents' feeding jobs

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Step-by-step, show child by example how to behave at family mealtime.
- Be considerate of child's lack of food experience without catering to likes and dislikes.
- Not let child have food or beverages (except for water) between meal and snack times.
- Let child grow up to get the body that is right for them.

Parents who follow sDOR provide their child with repeated neutral exposure to the food they eat. Over time—over a *long* time for some—the child learns to eat the food their parents eat.

### 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.

Once they have done their jobs with feeding, parents trust their child to determine *how much* to eat and even *whether* they will eat.