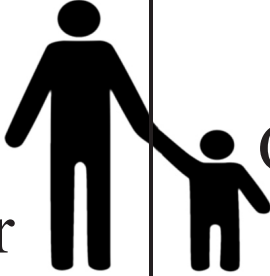


NURTURING CONFIDENT AND JOYFUL EATERS

Our child care follows the Satter Division of Responsibility in Feeding

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.
- We take enough time to eat and enjoy mealtime.
- We teach children how to behave at mealtime.

We work with parents to consider each child's food needs.

- We offer foods that children generally eat along with unfamiliar food.
- We offer enough calories so all children get enough to eat.
- We offer nutritious food and let children eat or not eat it.

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

Children eat as much as they need and over time they learn to enjoy the foods that we offer.

- We trust children to choose what to eat from food that is available to them.
- We trust children to eat as little or as much as they want and need.

Some days children eat a lot, and other days not so much. They know how much they need.

- We do not comment on how much children eat.
- We do not try to get children to eat more or less than they want.
- We do not try to get children to eat vegetables or any other "healthy" food.

For more about feeding children, read
Ellyn Satter's Child of Mine: Nurturing a Confident and Joyful Eater
or visit www.ellynsatterinstitute.org

