



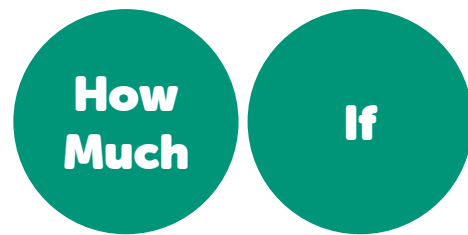
Division of Responsibility in Feeding

Meal times with children can feel like a battle. When caregivers follow their roles and children follow theirs, meal times become less stressful and more enjoyable for everyone.

Caregivers are responsible for:



Children are responsible for:



What does that look like?

What:

- offer a variety of nutritious foods

When:

- at a set time each day
- avoid grazing between meals and snacks

Where:

- at the table without distractions

How Much:

- children listen to their hunger and fullness cues to decide how much to eat

If:

- children decide whether or not to eat

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