



# RAISING HAPPY EATERS BY FOLLOWING THE DIVISION OF RESPONSIBILITY IN FEEDING

The "Division of Responsibility in Feeding" is a well-researched approach to feeding that can drastically decrease mealtime battles and picky eating. Part of the success is due to parents serving structured and sit-down meals and snacks at about the same time each day. The child is trusted to whether to eat and how much to eat from what is served. See more details below:

## PARENTS' FEEDING JOBS:



### When to offer meals and snacks:

- Offer about 3 meals and 2 - 3 snacks at about the same time each day.
- Offer no food or beverages (except for water) in between meals and snacks.



### What foods to offer:

- Give lots of opportunities for retrials. Children may need to try a new food 10 or more times before they accept it.
- Offer meals with at least one of your child's favorite foods. Involve them in making choices when deciding what goes in the menu, without becoming a "short-order cook". Expect your kids to eat the same as the rest of the family.
- You may need to make food plain, and recognizable, if your child doesn't like foods that are mixed (like a casserole).
- Don't offer food as a reward for eating
- Try making food fun often.



### Where to offer:

- Make sit down meals and snacks on designated places.
- Make mealtimes pleasant.
- Turn TV/screens off to avoid distractions.



By cooking together and regularly having family meals, parents, and caregivers can become role models. Eating together as a family is the best way to model healthy eating habits, teach good manners, and introducing your children to new foods.

## CHILD EATING JOBS:



### Which foods to eat (from what is served):

- Your child may choose to eat one, two or no foods from the choices you provide.



### Whether or not to eat:

- It's normal for children to eat a lot one day and hardly anything the next day.
- Don't force your child to eat — Trust your child to know when they are hungry or full.



### Learn to behave at meal time

- Children learn to behave at the table from their parents or caregivers.
- Young children are copy cats and they learn by copying you!

**Source:** 1. Raise a healthy child who is a joy to feed: Follow the "Division of Responsibility" ([ellynsatterinstitute.org](http://ellynsatterinstitute.org))