

## Feeding Advice

- Include a variety of food groups at family mealtime.
- Trying to please every eater is too hard. Provide each eater with one or two foods that they generally enjoy.
- Let the children pick and choose from the foods offered.
- Allow children to prepare food with you.
- Reward with your time and love, not food.



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# Division of Responsibility

## Feeding Your Child

Who is in charge?

Who chooses what?



Reference: [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)



# What is the division of responsibility?

## The parent is in charge of:

- What to eat
- Where to eat
- When to eat

## The child is in charge of:

- How much to eat
- Whether or not he/she wants to eat

Parents need to trust their children to do their part in eating!

## Parents' Feeding Jobs:

- Choose and prepare healthy foods
- Provide regular meals and snacks
- Make eating times pleasant
- Trust that the child will eat when he/she is hungry and stop eating when satisfied



## Child's Eating Jobs:

- Eat the amount they need to feel satisfied
- Learn to eat the food parents eat
- Eat when they are hungry and stop when they are satisfied

What do I do if my child is a "picky" eater?

Provide regular, repeated, and unpressured opportunities to eat healthy foods.

Only one new food at a time. A plate full of new foods could be overwhelming for your child.

Offer familiar foods along with the new food.

Offer foods without bribing, pressuring, or punishing.

Remember that it is ok to take a "No, thank you." for an answer.

What do I do if my child will not eat fruits and vegetables?

It may take offering a food 15–20 times or more before your child tries the food.

Relax and continue to offer a variety of fruits and vegetables to your child.

Set the example and enjoy the fruits and vegetables yourself.