



## Mealtime: Your Job and Theirs

Parents are responsible for what, when, and where of feeding.  
Children are responsible for how much and whether to eat.

### 1. Parent's job: provide child with food and feeding environment that child needs

- Control what food comes into the house
- Make and present meals
- Insist that child shows up for meals
- Make mealtimes pleasant
- Teach child to behave at table
- Regulate timing and content of snacks
- Grandmother's wisdom – no sweets before dinner, say "yes, please" and "no, thank you"

*"When children and parents struggle about feeding, children lose track of their internal regulators and make mistakes in the amount they eat."*



### 2. Parent is NOT responsible for child's job:

- How much your child eats
- Whether your child eats
- How your child's body turns out

Keep in mind:

- Your child knows how much to eat
- Has within him a blueprint for growth
- Your part is feeding reliably and lovingly providing appropriate food in positive environment
- Limit sedentary activities and provide opportunities to be active
- Then...trust the outcome.

