

You as a parent, are responsible for **what, when, and where** you feed your child.
Your child is responsible for **how much** and whether to eat the foods you offer

Do your feeding jobs:	Trust your child to do her eating jobs:
<ul style="list-style-type: none">Choose and serve the food.	<ul style="list-style-type: none">Let you child grow in her own way. She will eat the amount she needs.
<ul style="list-style-type: none">Make eating times pleasant.	<ul style="list-style-type: none">She will learn to eat the foods you eat.
<ul style="list-style-type: none">Show your child how to behave at meals.	<ul style="list-style-type: none">She will learn to behave well at family meals.
<ul style="list-style-type: none">Maintain structure by providing regular meals and snacks and offering your child water between regular meal and snack-times but not other drinks or food.	<ul style="list-style-type: none">She will grow to have the body that is healthy and right for her.

TIPS FOR FEEDING YOUR 3- to 5-YEAR-OLD CHILDREN

Remember, children ages 3-5 are eager to try new foods and to do things on their own. They are exploring the use of their senses (see, hear, touch, taste, and smell), and meal prep and feeding times are great learning opportunities to instill healthy feeding habits that could last a lifetime.

- Offer three meals a day, and provide healthy snacks at specific times between meals. Try to keep a schedule around when meals and snacks are offered.
- Offer a variety of colorful fruits and vegetables: RED berries, apples, beets, watermelon, peppers; YELLOW bananas, squash, potatoes; GREEN lettuce, cucumbers, kiwi.
- Limit on-the-go eating. This includes eating in the car or while playing. Control passive eating, which includes eating while engaged in activities, like watching the TV or reading.
- Sit down at the table for meals and snacks. Limit distractions by turning the TV off, and turn other electronics off and put them away.
- Do not make different meals for members of your family. Instead, offer a variety of options at mealtime and encourage your child to try new things. Pair new foods with familiar foods, and try to offer at least one item with each meal that you know your child will eat. Plan for allergy concerns as needed.
- Help your child recognize when she is hungry and full. Do not use food to deal with your child's emotions or to reward your child.
- Be a good role model, and keep it positive! If you eat a well-balanced diet, try new foods, and have positive interactions during meal times, it is likely your children will enjoy mealtime too!

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