

# Division of Responsibility in Feeding Children

Children have a natural ability that tells them when they are hungry and when they are full. When we decide how much food children have to eat, we interfere with this ability. Using this division of responsibility in feeding will help your child stay in touch with those internal cues.



## Adults are responsible for:

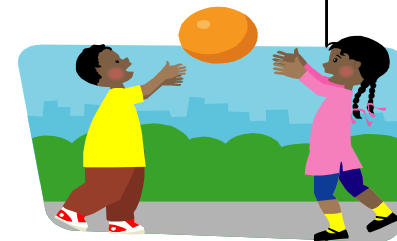
- Planning, preparing and offering healthy meals and snacks
- Recognizing cues for hunger and fullness (infants)
- Setting regular times for meals and snacks
- Assuring that the children come to the table at meal and snack times
- Creating a pleasant mealtime environment

## Children are responsible for:

- Deciding how much food they

want to eat

- Deciding which of the healthy foods offered they want to eat
- Giving cues for hunger & fullness (infants)



Source: National Food Service Management Institute

