# Satter, E. (1986) [The feeding relationship](http://www.ellynsatterinstitute.org/cms-assets/documents/99555-565663.fr.pdf).

# Division of Responsibility in Eating:

# Parent chooses what to offer (safe and appropriate foods), and offers it in a positive fashion

# Child chooses how much or whether they eat.

# Children who are consistently frustrated around feedings begin to associate hunger with anxiety

# As adrenalin increases, appetite decreases

# Chatoor, I. (2012) *When your child won’t eat or eats too much.*

# Help Your Child to Recognize Hunger and Feeling Full

# Establish a meal schedule

# 3 meals, 2 snacks

# Only water in between meals

# Limit meals to 20-30 minutes

# Parents offer developmentally appropriate foods in a positive or neutral manner

# Offer 3-4 foods per meal, including 1 food the child will be successful in eating

# Children are seated upright with family members

# Children receive positive social support during mealtimes

# Adults are engaging but not overwhelming, speaking in a calm and encouraging manner

# Children are allowed to self-feed with parents present but not intervening

# Children are allowed to decide when they are finished eating