

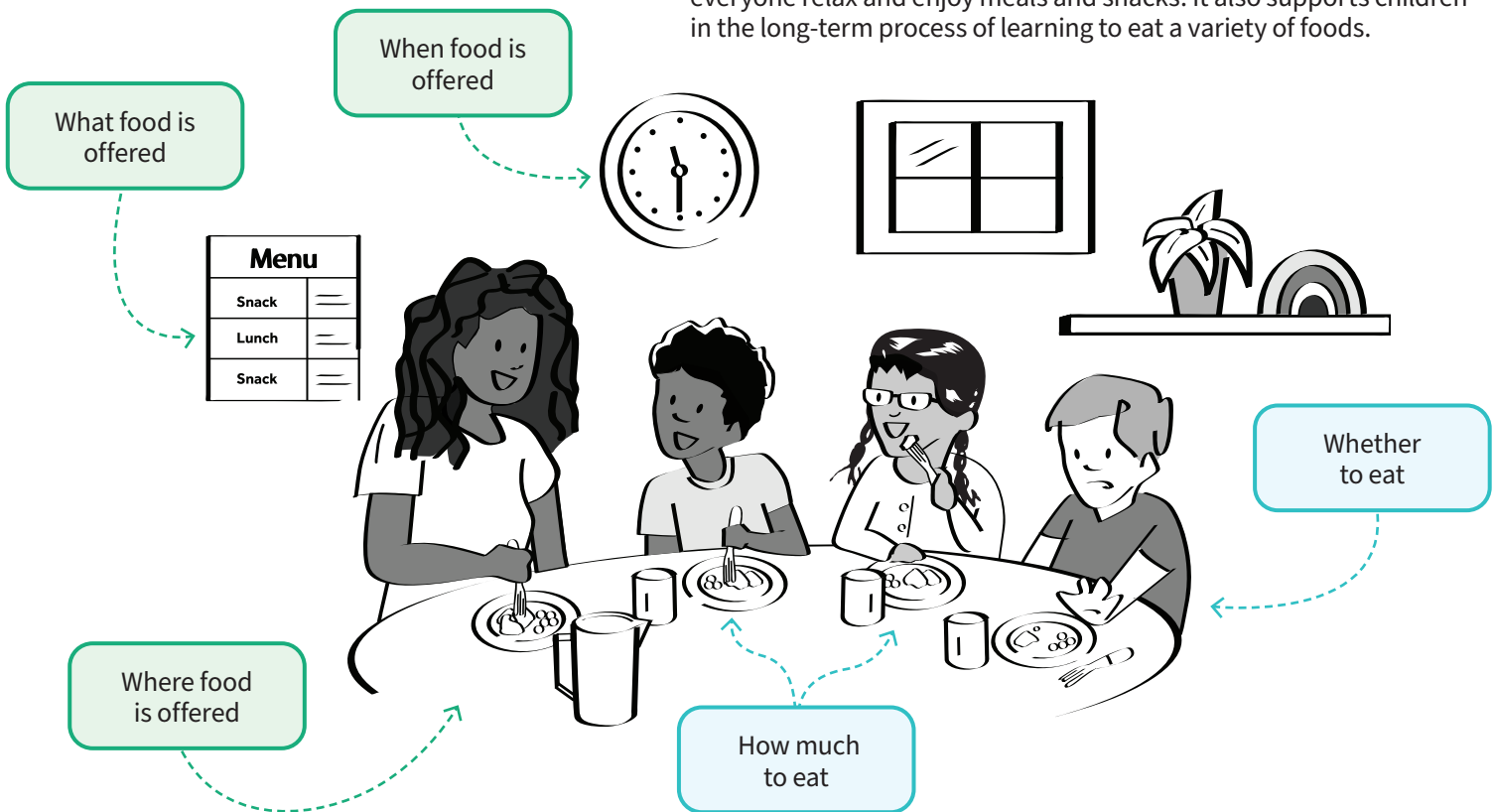
# Mealtime Roles in Early Childhood

The Satter Division of Responsibility in Feeding\* sets out specific roles for eating.

**Adults** decide **what, when,** and **where** food is offered.

**Children** decide **whether** and **how much** to eat from what is offered.

Trusting each child to eat enough for them eases pressure and helps everyone relax and enjoy meals and snacks. It also supports children in the long-term process of learning to eat a variety of foods.



## Roles at meals and snacks

	Adults	Children
What food is offered	✓	
When food is offered	✓	
Where food is offered	✓	
Whether to eat from what is offered		✓
How much to eat from what is offered		✓