

Who's feeding the kids?

Diverse families and complex feeding dynamics

Discussion & Reflection Prompts for Caregivers

Get permission first to ask questions

- ☐ Have you discussed with your partner about how you want to approach this stage of feeding? Where do you agree and disagree?
- ☐ How do you and your partner perceive each others roles and responsibilities?
- ☐ Are there other important adults involved in feeding your children? How do you see their roles? How do you feel about their involvement?
- ☐ Where do you get your food and nutrition information from?
- ☐ What are the food traditions you want to pass on to your children?
- ☐ What are your attitudes and beliefs about body image and eating?
 - ☐ How does this compare with your partner's attitudes and beliefs?
- ☐ What messages you want your child to learn about food and eating?
 - ☐ How will you model these behaviors for your children?
 - ☐ How do extended family and other caregivers factor in?
- ☐ How do you feel when your child refuses to eat the food you've served?
- ☐ How do you feel about letting your child decide how much they will eat?
- ☐ Where and when are family eating moments taking place?
- ☐ How do you know your child is full or hungry?
- ☐ How do you distinguish encouraging vs. pressuring to eat?

When kids learn how to eat, caregivers learn how to feed.