

Parent and Caregiver Goals related to Feeding and Eating



Love and accept your child at any weight

- If I call my child by a nickname, it will be one that does not refer to his weight or body build.
- I will not say anything to my child about his weight because that will make him feel less than he is.
- I will not use food as a reward or a punishment.



Enjoy regular meals and snacks

- I will eat meals and snacks with my child, sitting down at the table with him.
- I will make sure my child (grandchild) is offered 3 meals and at least one snack every day.
- I will make mealtimes pleasant for my child.



Choose the food you will serve and prepare at meals.

- I will decide what to serve my child, and not let him make this decision.
- I will serve the same food to the whole family and not single out my child for special foods.
- I will buy those foods that I want my child to eat and I will not buy those foods that I do not want him to eat.



Let your child decide if he wants to eat and how much.

- I will allow my child to eat the amount of food he feels he needs to feel satisfied.
- If my child decides not to eat, I will wait until the next meal or snack to offer him food.
- I will not force my child to clean his plate.