Mealtime Application of Erikson’s Stages of Development
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Directions: Read the Erikson handout.

A. Think about these two principles:

1) Children decide how much to eat.
2) Children should serve themselves.

Write a brief explanation of how these two principles are supported by Erikson’s theory.

B. Add at least one strategy under each of the four stages given in the handout.

Infant:

Toddler:

Early Childhood:

Middle Childhood: