Six Principles for Feeding Young Children in Group Settings

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1. Adults set the feeding environment
   a. Physical environment
   b. Emotional environment
   c. Auditory environment

2. Children need a variety of foods
   a. Work towards variety

3. Adults should sit with and eat with children
   a. Model eating foods
   b. Provide safety- physical and psychological
   c. Teach and model social skills

4. Adults select what is served and how it is served
   a. Consider nutrition
   b. Consider what children can eat
   c. Avoid choking hazards

5. Child chooses how much, if any, to eat
   a. Reinforce internal hunger and fullness cues

6. Children should serve themselves
   a. Reinforce internal hunger and fullness cues
   b. Adults eyes are bigger than children’s stomachs