



## **Six Principles for Feeding Young Children in Group Settings**

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1. Adults should eat with children
  2. Adults choose what is served and how it is served.\*
  3. Children choose how much to eat\*
  4. Children need a variety of foods.
  5. Children should serve themselves
  6. Adults set the feeding environment.
- For more discussion of adult and child roles in feeding, read Ellyn Satter's book, How to Get Your Kid to Eat, But Not Too Much.