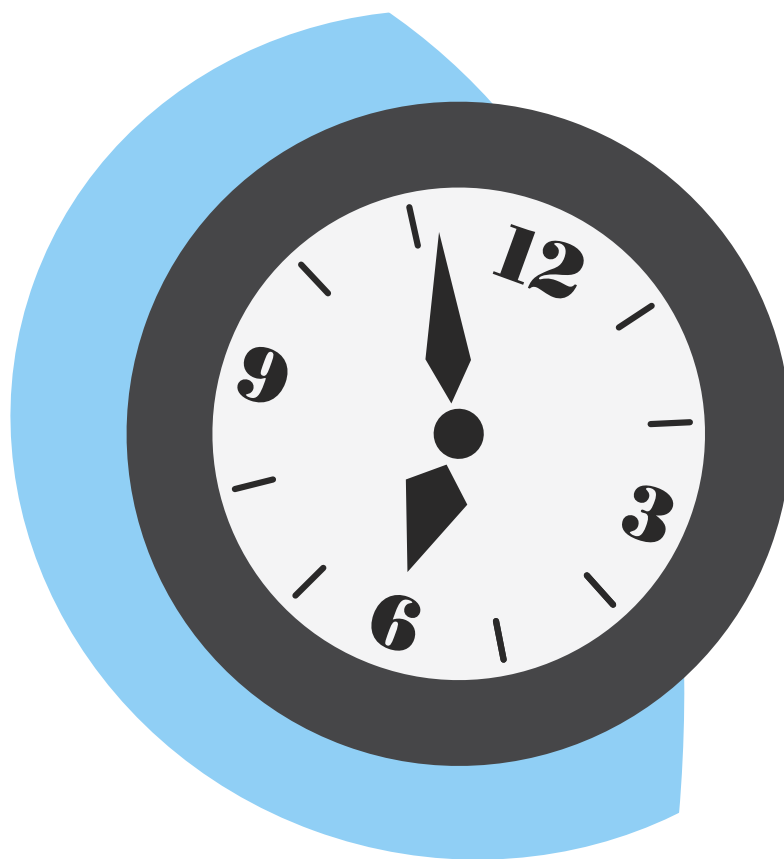


Parent and Child Roles

at Mealtimes & Snacks

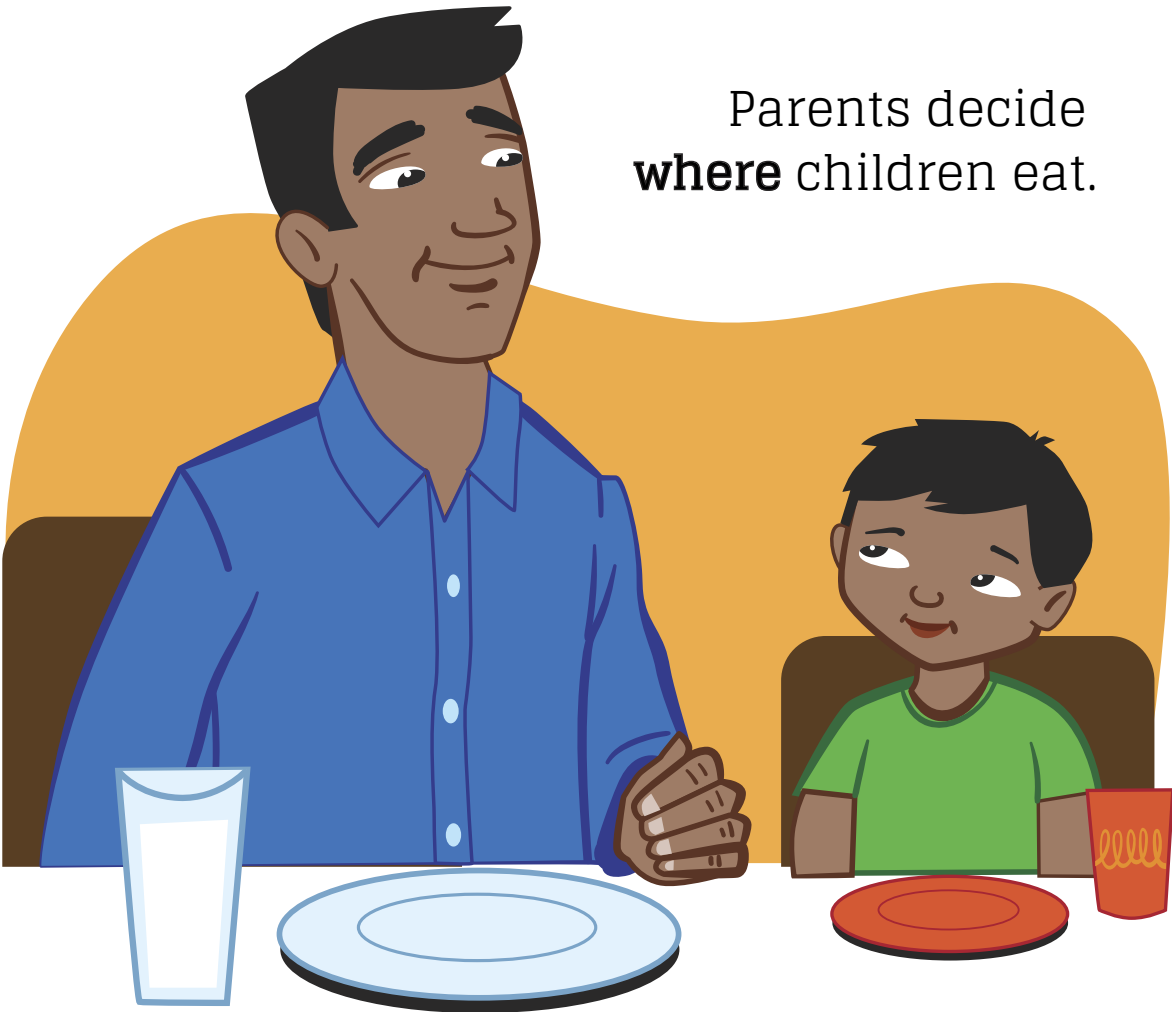


Parent Roles



Parents are responsible for
offering healthy foods.

Parents decide
where children eat.



Parents decide **when**
food is offered by
setting mealtimes
and snacks.





Parents understand **portions** for children and teach their children how to serve themselves child-size portions.

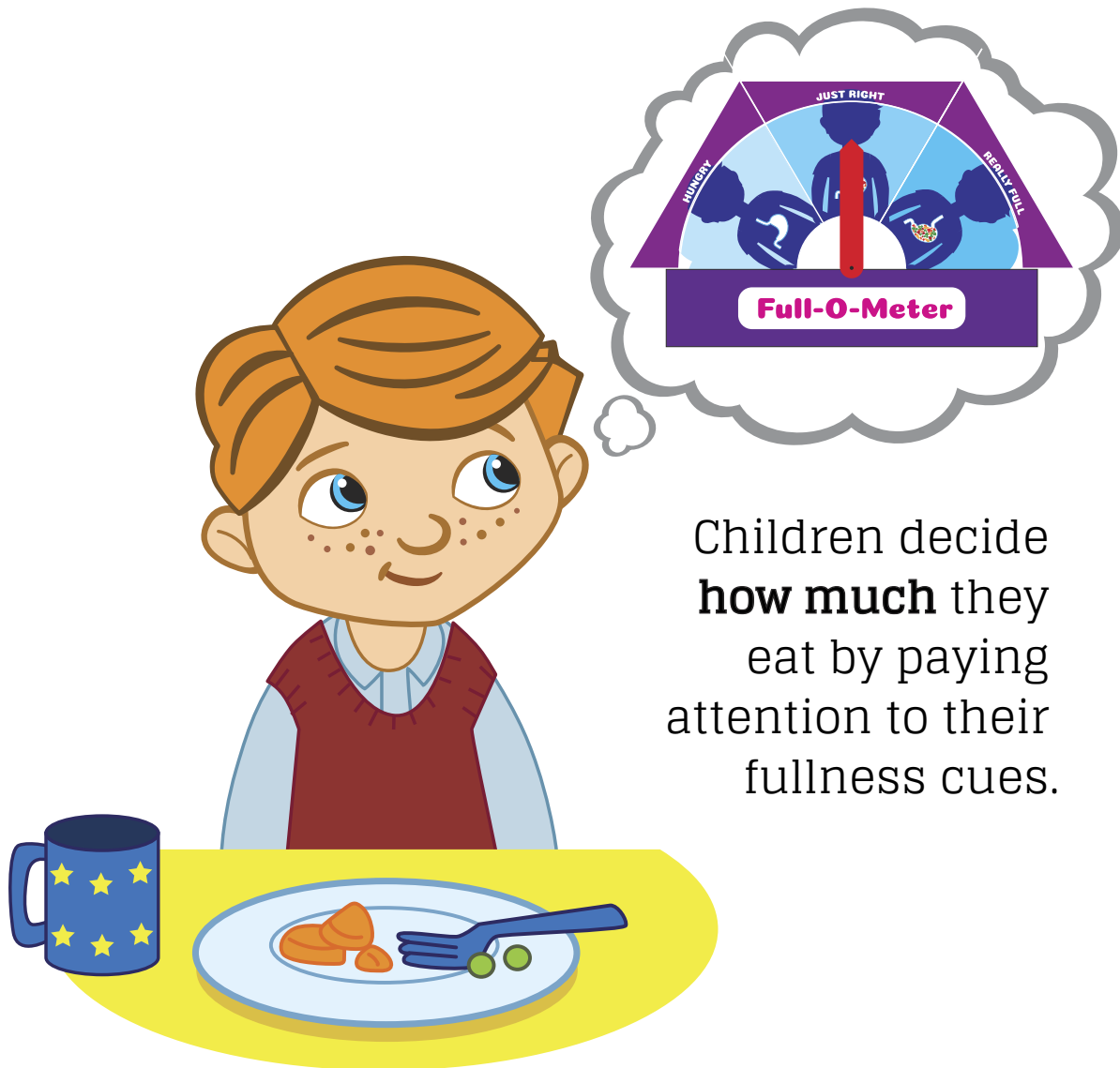
Child Roles

Children decide **if** they
are hungry and
if they want
to eat.





Children decide **which healthy foods** served by their parents they want to eat.



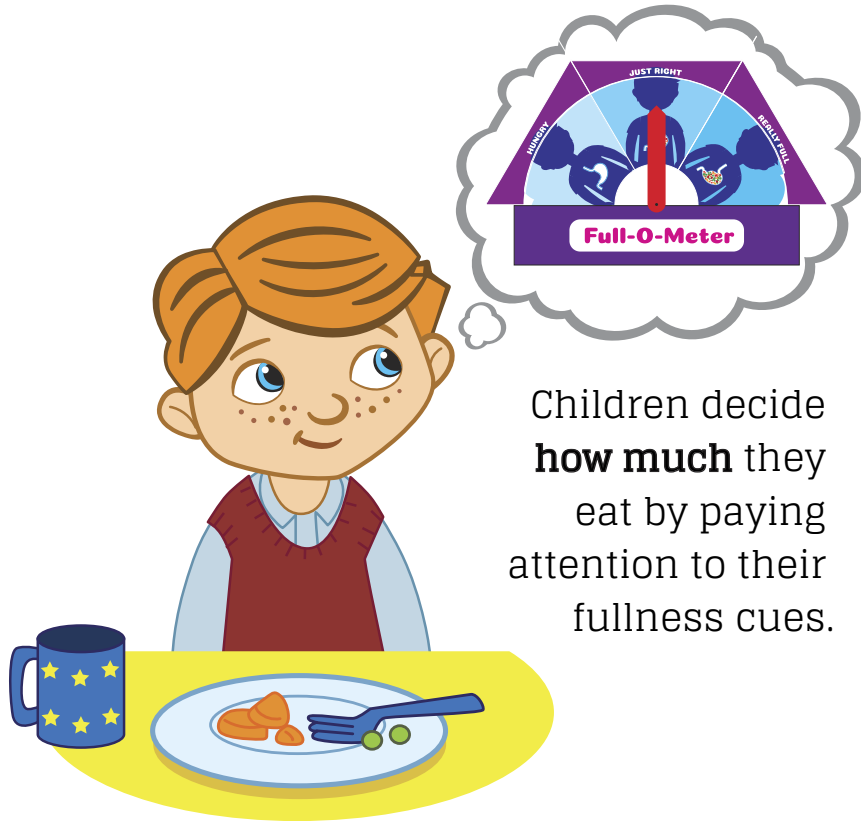
Children decide
how much they
eat by paying
attention to their
fullness cues.

Developed by The SEEDS Research Team,
Baylor College of Medicine Children's Nutrition Research Center
and Washington State University Extension.
Graphic Design: Cynthia Pinsonnault
Illustrations: Brian White

The following pages conserve paper.

The following 4 pages include two pages side by side. These can be printed, cut in half and stapled together in the same way as the full-size pages.

See the next section to create a booklet.

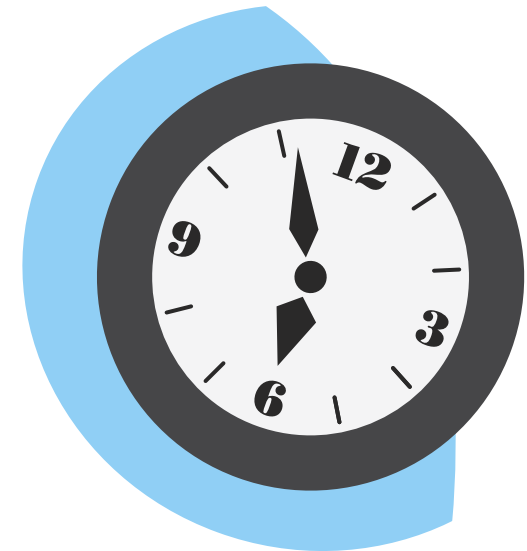


Children decide **how much** they eat by paying attention to their fullness cues.

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and Washington State University Extension.
Graphic Design: Cynthia Pinonnault
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Parent and Child Roles at Mealtimes & Snacks



Parent Roles



Parents are responsible for
offering healthy foods.

Parents decide
where children eat.



Parents decide **when** food is offered by setting mealtimes and snacks.



Parents understand **portions** for children and teach their children how to serve themselves child-size portions.

Child Roles

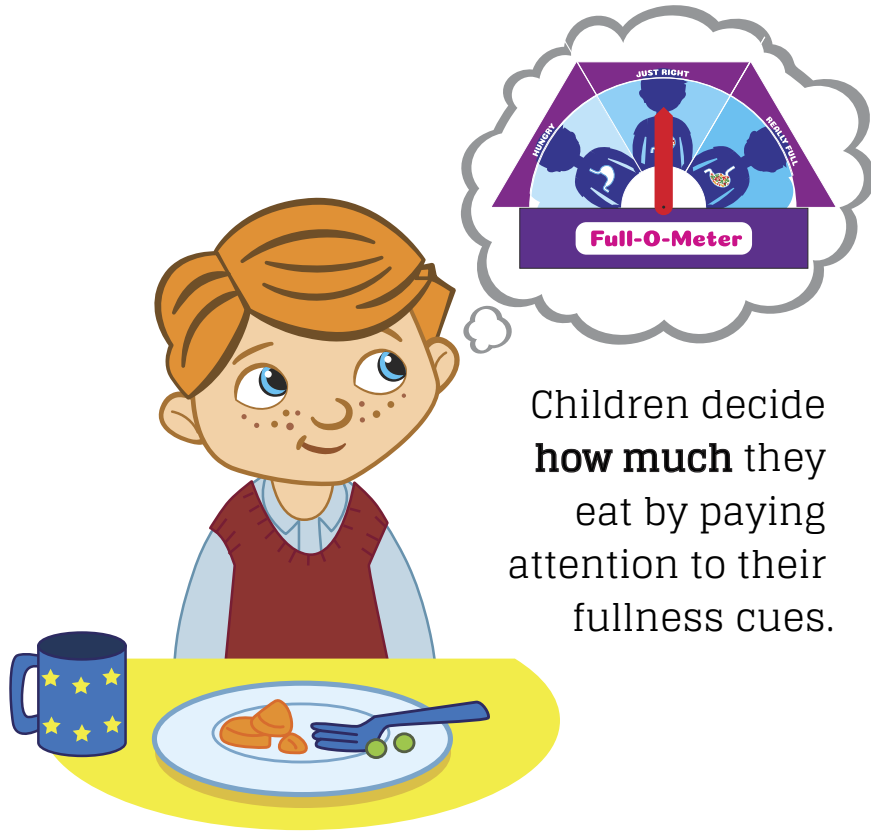
Children decide **if** they are hungry and **if** they want to eat.



Children decide **which healthy foods** served by their parents they want to eat.

The following pages conserve paper and create a booklet.

By printing the following 4 pages back to back, only 2 letter-size sheets are required. The resulting 2 pages can be folded in half, creating a booklet.

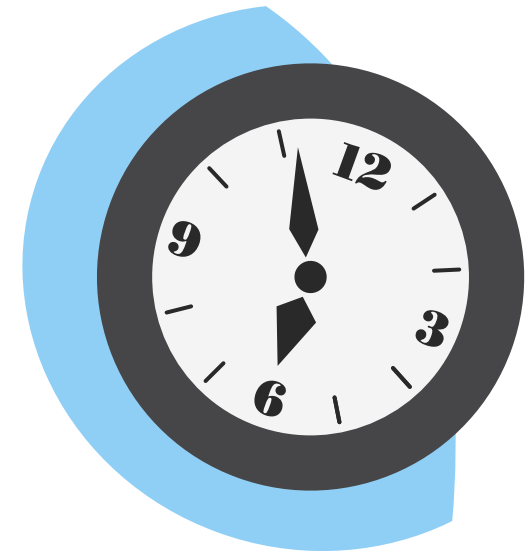


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Parent and Child Roles at Mealtimes & Snacks



Parent Roles



Parents are responsible for **offering healthy foods.**



Children decide **which healthy foods** served by their parents they want to eat.

Child Roles

Children decide **if** they are hungry and **if** they want to eat.



Parents decide **where** children eat.



Parents decide **when** food is offered by setting mealtimes and snacks.



Parents understand **portions** for children and teach their children how to serve themselves child-size portions.