

Serving Up Success: Feeding Roles

The Satter Division of Responsibility in Feeding (**sDOR**) is a way to set clear roles for parents/caregivers and children at mealtimes and snacks, which will help:

- Children to develop a lifelong positive relationship with food.
- Children to recognize when they are hungry and when they are full.
- Parents/caregivers to trust their child to eat the amount they need.
- Avoid mealtime pressure.



Young children need a mix of guidance and freedom to make their own choices early on.

Mealtime Feeding Roles

	0 to 6 months	6 to 12 months	12 months and older
Child's Role	<ul style="list-style-type: none"> • How much they eat • When they eat 	<ul style="list-style-type: none"> • How much they eat • If they choose to eat or not • When they eat 	<ul style="list-style-type: none"> • How much they eat • If they choose to eat or not
Parents'/Caregivers' Role	<ul style="list-style-type: none"> • What food is served (breastmilk or infant formula) <div>Watch for baby's hunger and fullness cues</div>	<ul style="list-style-type: none"> • What food is served <p>Parents/caregivers are gradually becoming responsible for:</p> <ul style="list-style-type: none"> • When food is served • Where food is served 	<ul style="list-style-type: none"> • What food is served • When food is served • Where food is served



Hunger Cues Can Be:

- Turns head toward food.
- Opens their mouth when they see food.
- Gets excited when they see food.

Fullness Cues Can Be:

- Turns head away from food.
- Closes mouth tightly when they see food.
- Pushes spoon or food away.



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Horizon

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The Satter Division of Responsibility in Feeding (**sDOR**) takes practice and patience!

Tips for success:

- Plan your meals and snacks and set-up a routine.
- Your mealtimes are a chance to connect and learn.
 - Reduce distractions at mealtimes by powering down all screens.
 - Lead by example. Show your child you eat a variety of foods.
 - For safety reasons, your child should stay seated while eating. Expect that your child may have a hard time sitting for an entire meal at first. With practice this will get better over time.
- Children eat differently than adults. It's normal for a child to:
 - Eat a lot one day and a little the next.
 - Want to eat the same foods over and over.
 - Stop eating foods they once loved. They may eat them again in the future.
- Encourage your child to touch, see, smell and taste new foods.



- Some foods might need to be served many times before your child accepts them.
- Serve new foods with a favourite food, this can motivate your child to try it.
- Offer food in a neutral way. This means avoiding pressure, rewards, punishment or tricking your child to eat.
- If your child refuses a food, try changing the shape, texture or temperature. Think of fried, sliced or scrambled eggs!

The sDOR in Feeding is copyrighted by Ellyn Satter, and the [Ellyn Satter Institute](http://www.ellynsatterinstitute.com) is the official source for the interpretation and application of the Satter models.
www.ellynsatterinstitute.com/how-to-feed/division-of-responsibility/

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