

Stage, Developmental Principles and Key Concepts in Feeding

	Stage	Developmental principles	Key concept in feeding
1	Pregnancy and Postpartum	Taking care of your family starts with you.	Your baby, your pregnancy, your delivery and your early months being a parent will all be better if you feed yourself well.
2	Newborn 0-3 months	Your baby needs help being calm and organized.	Your baby eats best when you pay attention to her and do what she wants.
3	Infant 2-6 months	Your baby needs to connect with you.	Your baby eats best when you pay attention to her and do what she wants.
4	Older baby 5-9 months	Your child is getting interested in things.	Your baby eats solid foods best when he has a say in the matter.
5	Almost-toddler 7-15 months	The almost-toddler wants very much to do things for himself.	Your almost-toddler eats best when she feeds herself.
6	Toddler 11-36 months	Your toddler is finding out that she is a separate person.	Your toddler eats best when you teach him to be part of the family with eating.
7	Preschooler 3-5 years	Your preschooler wants to learn and do.	Your preschooler eats best when you feed with both trust and limits, maintaining a division of responsibility in feeding.

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