

PICNIC

FEEDING BEHAVIOURS CONTINUUM

Some types of language are more responsive than others. The more educators talk about food using neutral language, the more responsive the feeding environment is for children. Aim for the **'Most responsive'** language.

Least responsive

Most responsive



Coercion

Eat your yoghurt before you can leave the table.

Eat your fruit before you eat any packets in your lunchbox.

You need to try everything on your plate.

Pressure

Yoghurt is good for you, it gives you strong bones.

Your friends ate their cucumber. Don't you want to try some too?

You'll be hungry later if you don't eat now. Eat up.

Praise

Good job for eating all your yoghurt!

You tried the cucumber. YAY!!

I'm glad you ate something. Well done!

Gentle prompts

Would you like to eat your yoghurt?

Are you still hungry? Would you like more cucumber or crackers?

Is your tummy telling you it's full?

Neutral language

Yoghurt is cold and creamy.

Today's morning tea is cucumber, cheese and crackers.

It's ok if you're not hungry. The next meal is lunch and you can eat then.