



Caregiver Activity



Activity #1: Feeding Children with Love

Materials Needed:

Flipchart or board
Marker or chalk
Video- “Feeding with Love and Good Sense section”
Group Rules



Getting Ready

Before class starts, post group rules and write the Division of Responsibility statements on the board or flipchart.

Caregiver’s Job: To provide healthy foods at regular meal and snack times

Child’s Job: To choose which of the foods the caregiver provides to eat. To choose how much of the foods to eat.

Introduction/Ice Breaker

Welcome everyone to the group. Explain the purpose of today’s group meeting. Have everyone say their name and how many children they have and their ages. Also have them tell a story about an unpleasant eating experience they may have had as a child. Go over the group rules.

Show the video.

Facilitated Discussion Questions

1. What are some things that are your job in feeding your children?
2. What things are not your job?
3. What are some things that are your child’s job in eating?
4. Who knows best how much your child needs to eat?
5. What do you think happens when you try to decide how much your child should eat?
6. What do you think happens when you try to decide which foods your child should eat?

