



Focus on Feeding

Using toy foods or visuals, feed a doll or stuffed animal and talk about how the foods taste and how they eat them (e.g., chew, lick, drink). Model feeding that is representative of the children in your classroom (i.e., using a feeding tube instead of chewing and swallowing, eating with your hands instead of utensils, etc.). Discuss when the doll might start to feel hungry, full, or energized. Focus on the experience of feeding and eating, rather than categorizing specific foods or practices as “healthy” or “unhealthy.”

More Support: Model and narrate feeding the doll/stuffed animal, “They like to drink milk - slurp, slurp!”

Promote Autonomy

“You really like grapes, so you want to feed the doll more grapes to eat.”