To support children’s natural ability with eating and allow them to grow up to be Eating Competent, parents must follow Satter’s Division of Responsibility in Feeding (sDOR)

- Prevent feeding problems from birth by optimizing feeding based on sDOR.
- Treat feeding problems by correcting disruptive influences and restoring optimum, sDOR-based feeding.

Define the problem in a way that it can be solved
- What is natural for this child at this stage of development?
- What is interfering with this child’s natural ability?

Ask feeding questions to identify errors with sDOR
1. How is feeding going?
2. How do you feel about feeding?
3. How do you feel about your child’s size and shape? Growth?
4. Is there anything about feeding you would like to be different?
5. How do you eat?

Identify causal or contributing feeding-dynamics issues
1. Do parents have regular meals and snacks?
2. Are parents making errors in enacting the Division of Responsibility in Feeding (sDOR)?
   a. Interference with the child’s eating
   b. Lack of support
   c. Both
3. Is feeding dynamics optimum for the child’s developmental stage?
4. Does the manner of feeding (e.g. nipple, spoon, self-feeding) match what the child can do?
5. Is the child’s growth tracking or diverging?

Restoring sDOR is a process that takes time
1. Establish developmentally appropriate family meal structure
2. Help parents adjust outcome expectations
   a. What is normal child eating behavior?
   b. What is normal child growth?
   c. What does child Eating Competence look like?
3. Extinguish interference with what, how much the child eats
4. Support parents in trusting the child’s natural growth

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