



# CELEBRATE Feeding Newsletter

**COACHING IN EARLY LEARNING ENVIRONMENTS TO BUILD A RESPONSIVE APPROACH TO EATING & FEEDING**

December 2022


## What have the Early Years Nutrition Coaches been up to this month?

Elizabeth and Margaret have been busy visiting participating child care centres across Nova Scotia and Prince Edward Island. They are answering questions, getting to know the centres and working with educators to set responsive feeding goals.

Thank you for welcoming the Early Years Nutrition Coaches into your centres!

In responsive feeding, children decide **what** and **how much** to eat from the foods being offered.

Here's what that can look like:

  
Eating extra helpings of one food and none of another

Smelling or touching a food but not tasting it

Eating a lot one meal (or one day) and very little the next

Enjoying a food today and refusing it tomorrow

Putting food in their mouth then taking it back out



Q&A

**Question: How can I support responsive feeding during the holidays?**

**Answer: By talking about food using neutral language and keeping mealtimes pressure-free.**

- Avoid labelling foods as "healthy" and "unhealthy" or "good" and "bad".
- Call foods by their name. For example, say "cookie" or "candy" instead of "dessert" or "treat".
- Describe food using neutral language, eg. "these cookies are crunchy and taste sweet" or "the candy canes taste like mint".
- Provide a variety of foods and allow children to choose what and how much to eat from the foods offered.
- Avoid pressuring children to eat or stop eating.



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The CELEBRATE Feeding concept includes 13 actions that educators can take to build a responsive feeding environment in child care centres. These actions are divided into three overlapping categories: CELEBRATE Language, CELEBRATE Mealtime and CELEBRATE Play. Think about what is already working well in your centre and what areas you would like to work on.

## The Concept

