



# CELEBRATE Feeding Newsletter

Coaching in Early Learning Environments to Build  
a Responsive Approach to Eating & Feeding

June 2023

## Reminder: Upcoming Events

Data collection will be happening in centres during June and July. We hope to take what we learn and find ways to scale-up the project and support more educators and centres.

### What does data collection involve?

**Surveys:** Educators will be sent an email link to an online survey about their experience with the project. You will receive a \$10 gift card as a thank you for completing the survey.

**Observations:** Your Nutrition Coach and a Research Assistant will spend a day observing participating rooms. Please be assured that there is no evaluation or judgement happening! We are just looking to learn more about how responsive feeding is working in each centre.

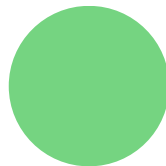
**Focus Groups or Interviews :** Educators participating in focus groups or interviews will have the opportunity to share their thoughts about responsive feeding and the impact of the CELEBRATE Feeding project.

## Square, Circle, and Triangle

With the end of coaching, it's a good time to reflect on everything you have learned and accomplished during this project, and also consider how to keep up your work on responsive feeding going forward. Use the Square, Circle and Triangle to help you reflect:



What parts of responsive feeding do you have squared away; what is going well?



Which parts of responsive feeding are circling in your head because they are more challenging?



What is one thing you would like to make a point to change in your practice?



# CELEBRATE Feeding Newsletter

**Coaching in Early Learning Environments to Build  
a Responsive Approach to Eating & Feeding**

June 2023

## Supporting Cautious Eaters

We often think about children being adventurous or cautious in their approach to risky play or new situations, but these traits also apply to food and eating. Adventurous eaters may be excited to try new foods and accept them more quickly. On the other hand, cautious eaters may need more support while they learn to like new foods and textures.

### Cautious Eaters:

May accept fewer foods and textures, compared to adventurous eaters.



Often need time to become familiar with a food before they taste it.



Can be anxious about mealtime and worry whether there will be foods they like.



### How to Support:

Provide repeated opportunities for food exploration during mealtime and play.

Continue to offer foods without pressure to eat.

Consider posting a picture menu so children can see what foods will be offered at each meal.



## How much should our centre accommodate cautious eaters' food preferences?

Think about consideration, not catering. It's not ideal to make individual meals (unless there are allergies, other dietary restrictions or special circumstances), but making simple modifications to the foods being offered is one way to accommodate children's different food preferences.

For example, you might serve pasta and sauce separately, make some sandwiches with lettuce and some without, serve a plain cheese and a "works" pizza, offer rolls with or without butter etc. These small changes can help a child feel more relaxed and confident at mealtime.