



# CELEBRATE Feeding Newsletter

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

November 2022

## THANK YOU

Thank you to all of the educators and directors from Nova Scotia and PEI who joined us for the first virtual coaching sessions on November 8th and 14th. It was great to connect with you!

### Mealtime Conversation Starters (that aren't about food)

If I gave you 3 wishes, what would you wish for?

What is your favourite thing to do outside?

What is the best thing about today?

Tell me about something that makes you happy.

If you could be any animal for a day, what animal would you be?

## Q&A

**Question:** How can children make more independent food choices if they aren't serving themselves?

**Answer:** There are many ways you can help children decide *what* and *how much* food goes on their plate.

- Show children what foods are being offered. Name each food.
- Ask them if they want a food before serving it.
- If they want the food, ask them how much they would like (a little or a lot, one piece or two).
- Offer choices when possible ("do you want your fruit in your yogurt or beside it?").
- Ask children if they are hungry or full before serving second helpings.



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## Connect with CELEBRATE Feeding

Visit our website and follow us on social media to get project updates and learn more about responsive feeding.



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You can also reach out directly to the Early Years Nutrition Coach in your province:

Nova Scotia:  
[celebratefeeding@msvu.ca](mailto:celebratefeeding@msvu.ca)

PEI:  
[celebratefeeding@upei.ca](mailto:celebratefeeding@upei.ca)

## What is Eating Competence?

In responsive feeding, the words "eating competence" get used a lot. But what does this actually mean? Broadly, a child who is a competent eater has a healthy relationship with food. See the graphic below to learn more about what this might look like in practice.

