

Child Care Training and Resource Kit

Feeding Connection

Lesson Plan

THE FEEDING CONNECTION LESSON PLAN

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Course Length: 1 hour

Objectives: Participant will:

- Identify the connection between feeding and infant/child development.
- Identify methods which support of trust, attachment and autonomy through feeding and eating interaction.
- Identify at least two reasons for the importance of children establishing the ability to self-regulate their eating habits.

All of the materials in the *Child Care Training and Resource Kit* have been gathered and provided by public health staff in Washington State. The only materials included are those where copyright could be located and permission to use was received. In all cases the copyright owner has requested to receive credit for the use of their materials. Please do not use these materials in any other way without getting your own copyright release.

How to use the Child Care Training and Resource Kits: Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

Handouts:

- Division of Responsibilities in Feeding Young Children Order this from Ellyn Satter and Associates, <http://www.ellynsatter.com/> Ellyn Satter Associates, 4226 Mandan Crescent , Madison, WI 53711, 608-271-7976)
- Best Practices for Children Eating in Group Settings Order this from Ellyn Satter Associates, [http://www.ellynsatter.com/4226 Mandan Crescent](http://www.ellynsatter.com/4226MandanCrescent) , Madison, WI 53711 , 608-271-7976
- Kid's & Food: Who's In Control? You must order it from http://nutritionforkids.com/Feeding_Kids.htm , FEEDING KIDS, News & Views on Child Nutrition, For Parents, Teachers, and Health Professionals, by Connie Evers, M.S., R.D., Issue I, April 1996 (Search site by date of Issue.)
- What Is A Good Eater? Order this from Ellyn Satter Associates, <http://www.ellynsatter.com/> 4226 Mandan Crescent , Madison, WI 53711 , 608-271-7976
- Teaching Young Children to Serve Themselves in Group Settings (See Handout file)
- What You Say Really Matters See Handout file.
- The Feeding Connection Outline from the overheads (See Handout file)
- Outline for the Over heads See the Handout file.

Teacher Enrichment:

- Berman, C., Fromer, J., Meals Without Squeals: Child Care Feeding Guide and Cookbook, Bull Publishing Co., Palo Alto, CA, 1997
- Berman, C., Fromer, J., Teaching Children About Food, Bull Publishing Co., Palo Alto, CA 1991.
- Satter, E., How to Get Your Kids to Eat...But Not Too Much: From Birth to Adolescence, Bull Publishing Co., Palo Alto, CA, 1987.
- Story, M., Holt, K., Sofka, D., Eds. Bright Futures in Practice: Nutrition, National Center for Education in Maternal and Child Health, Arlington, VA, Georgetown University, 2000.

Materials Needed:

- Overhead projector

<p>Activity: Opening</p>	<p>Process: Introduce yourself, background, provide information about class length, breaks, rest-room facilities and location of food and drinks if appropriate. Offer an activity for learners to introduce themselves and their goals for the class---You discuss how planned objectives meet the learner's goals</p>	<p>Time: 5-10 minutes</p>	<p>Materials: Interactive</p>
<p>Interactive Lecture:</p>	<p>Interactive Lecture: Using overheads or power point presentation, present material with discussion and activities as listed in the teacher notes.</p>	<p>1-2 hours</p>	<p>Lecture: Handout packet and appropriate audio-visual equipment.</p>