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Parent Feeding Styles

There are 4 parent feeding styles: **Responsive**, **Controlling**, **Indulgent**, and **Neglectful**. The **Responsive** style leads to healthier children who enjoy eating.

You can train yourself to be a **Responsive** feeder.

Here are examples of each kind of feeder:

1. **Responsive**—This is the best approach and leads to children who eat healthy food and are the right weight. With this approach, the parents decide WHERE, WHEN, and WHAT the child is fed. The child decides HOW MUCH to eat. The meal schedule is structured and predictable. The parent DOES NOT coerce the child to eat using unpleasant techniques.
2. **Controlling**—This style is common and can lead to children who are underweight or overweight. These parents ignore when the child is full and insist the child eat anyway. These parents also punish children for not eating, force a child to eat, or offer inappropriate rewards (such as candy or dessert) for eating healthy food.
3. **Indulgent**—This style is also common and can lead to children who don't eat enough healthy food or who are overweight. These parents feed the child whenever and whatever the child demands. These parents also offer special or multiple foods. These parents feel they must meet the child's every need and don't set any limits.
4. **Neglectful**—This style is rare and can lead to children who fail to thrive or who are overweight. These parents abandon all responsibility around feeding. They don't make eye contact when feeding their babies and ignore their child's hunger signals. Sometimes this can result from parent depressing or disability.