***Week 13 Prep – The Feeding Relationship***

Think about your experiences at mealtimes as a child and reflect on the following:

1. Was an adult present at mealtime? If so, what interactions did you have with the adult?

I usually had an adult during mealtime. Breakfast it was most of the time, but during dinner someone was always there. We always sat at the table during dinner and had conversations. We all had to sit there until everyone was finished. Until I was about 6 my mom made all my plates for me, but when I reached a certain age I was able to make most of my meals, but wasn’t told exactly what to eat.

1. What did you like about the interactions at mealtimes?

I liked that we all sat at the table. Dinner was usually an important meal and everyone would be there. It was good to talk and wait for everyone to be done.

1. What did you wish could be different?

I wish I was encouraged to eat healthier when I was younger. I ate a lot of children food and was very picky and I wish I was exposed to more.