**Congruent with Behavior Models**

My Child’s Weight is congruent with tenets of the Satter Feeding Dynamics Model. Health at Every Size paradigm, the Satter Model of Eating Competence. Satter Division of Responsibility for Physical Activity and Physical Literacy.

### Eating Competence

Defined as being positive, comfortable and flexible with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable and nourishing food. Competent eaters have better diet quality and decreased risk of cardiovascular disease.

### Health at Every Size (HAES)

Eating in a flexible manner that values pleasure and honors internal cues of hunger, satiety, and appetite. The best way to improve health is to honor your body. It supports people in adopting health habits for the sake of health and well-being (rather than weight control).

Accepting and respecting the natural diversity of body sizes and shapes.

### Satter Division of Responsibility for Activity

- **Child’s Role**
  - Having fun
  - Planning your own activities
  - Setting goals and deciding on the best way to achieve them

- **Parent’s Role**
  - Providing choices
  - Providing encouragement
  - Helping the child develop a way

- **Parent’s Role**
  - Providing encouragement
  - Helping the child develop a way

### Parenting Skills Promoting Self-esteem and Human Dignity

Providing emotional support helping your child without harming.

- Accepting your child as they are.
- Parenting encouraging character, effective response to feelings, empowerment and problem solving.

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**References**


**Acknowledgements**

Funded by the PA Department of Public Health (DPH) through the PENNSYLVANIA NUTRITION EDUCATION TRACKS, as part of USDA’s Supplemental Nutrition Assistance Program (SNAP). To the extent SNAP can help you buy healthy foods, contact DPH’s hotline at 800-857-8737. This institution is an equal opportunity provider and employer.