

# Responsive feeding values and practices among families across the Canadian Maritime provinces

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## Background

Responsive feeding helps promote eating and lifestyle habits for healthy growth and development. It focuses on appetite cues and self-regulation.



Little is known about how responsive feeding is understood, used, and valued in Nova Scotia, New Brunswick, and Prince Edward Island.



## Methods

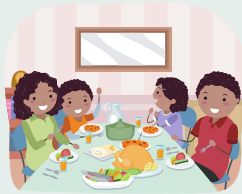
1039 families completed a survey about responsive feeding/healthy eating values and practices at home. Questions explored:

- Eating together
- Eating the same food
- Having social conversations during meals
- Avoiding pressure to eat

## Key Findings

### Eating Together

Most families indicated eating together was very important to them. First-time parents and parents with children under 3 years eat together more often.



### Eating the Same Food

The majority of families said eating the same food was important or very important. Parents with children 3–5 years old eat the same foods more often.



### Having Social Conversation During Meals

Social conversation was very important to most families. Parents with children 3–5 years old talk more with their children during meals compared to those with younger children.



### Avoiding Pressure to Eat

The majority of families said avoiding pressure was important or very important. First-time parents and parents with children under 3 years old use pressure less often.



## Conclusions

Most parents in Nova Scotia, New Brunswick, and Prince Edward Island value responsive feeding practices.



Parents with one child or children under 3 years old eat together and avoid pressure to eat more often than parents with multiple children or children over 3 years old.

Supporting parents through challenging but often typical feeding experiences can promote responsive feeding practices that encourage reasons to eat related to appetite and self-regulation.

