

# Parenting Style and Mealtime Strategies

## QUICK REFERENCE



Associated with **authoritarian** and **permissive** feeding styles



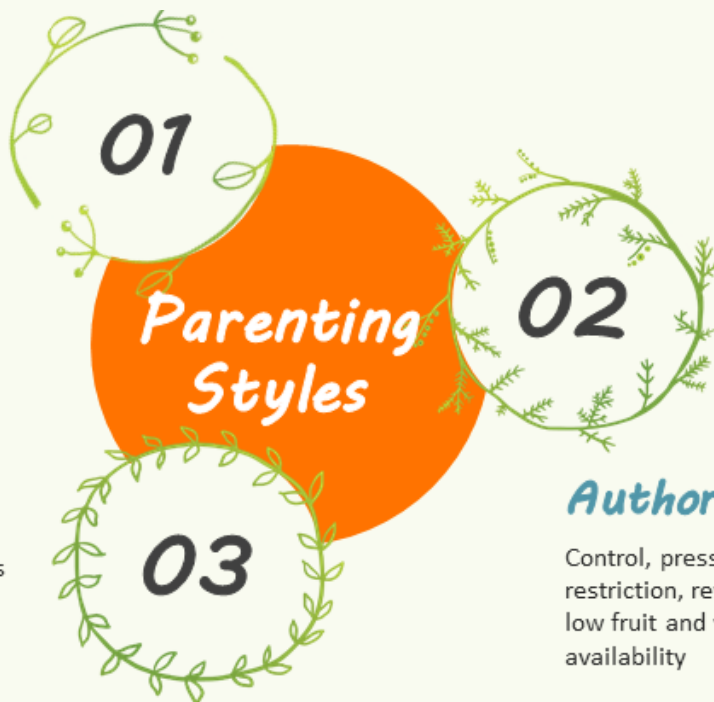
Associated with **authoritative** feeding style

### **Authoritative**

Use encouragement, balance parent control and child autonomy, model healthy food consumption and provide wide variety of fruits and vegetables

### **Permissive**

More lenient, provide rewards for eating, less modeling of healthy food choices



### **Authoritarian**

Control, pressure to eat, restriction, rewards for eating, low fruit and vegetable availability