Dear [teacher’s name],

Thank you for taking the time to reply to my email.

I’m worried about my child having to eat a certain amount of food in their lunchbox before they are allowed to go and play. I am confident in [child’s name]’s ability to choose the amount they eat from what I have provided.

Encouraging a child to eat more food than they might otherwise choose can inadvertently cause them to override their natural hunger and fullness cues. Children are naturally intuitive eaters and appetites fluctuate, so there is no way for an adult to know how much a child needs to eat at a particular time. At home we trust [insert child’s name] to be in charge of how much they decide to eat at mealtimes, to support them to listen to their body.

I appreciate that schools don’t want children to choose to play over eating anything at all and that a protected eating time is important. I also don’t want you to have to think about how much my child needs to eat during that time.

I’d like for us to work out a way to overcome this. I appreciate that you have my child’s best interests at heart, and so my suggestion is that you allow [insert child’s name] to eat as much as they need to be full at eating breaks and avoid commenting (either positively or negatively) on their eating.

Again, I am happy to discuss this further with you by email or phone, or in person.

Thank you,

[Your name]