

Five Easy Ways to *Enrich* Family Mealtimes



Mealtime Conversations

Family mealtimes really matter to children and adults. Research studies show that more positive mealtime experiences can lead to **better communication** among family members, **improved performance** at school, **enhanced reading levels** and **better nutrition** for children. Here are five easy ways to enhance the quality of your family's conversations around any table:

- Focus on:*
- Creating a relaxed atmosphere
 - Laughter and learning
 - Respecting and involving every family member
 - Using conversation starter cards
 - Enjoying different viewpoints

Enjoy More Mealtimes Together

Surveys confirm that most parents and children enjoy family meals and that most want to eat together more often. Get your family on the mealtime track by using these five easy tips:

- Plan to enjoy:*
- One more meal together every week
 - Tasty menus that are planned together
 - Setting an inviting table
 - Conversation at the table
 - Distraction-free meals

Sometimes, a very simple act, such as family mealtimes, can have important, long-lasting benefits!