



Creating a Healthy Family Mealtime

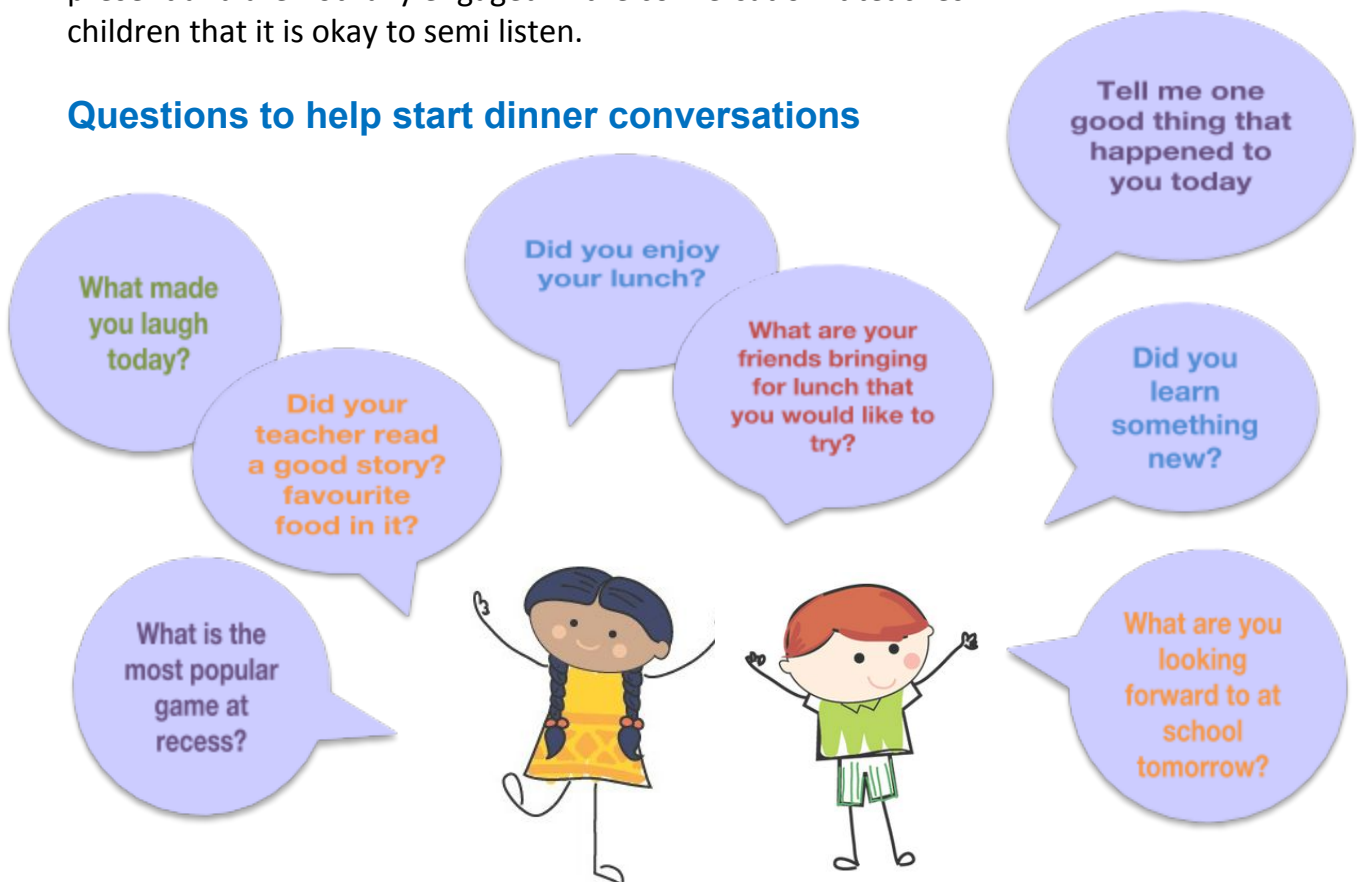
Eating meals as a family is great for the mind, body and spirit, and introducing positive conversation during dinner helps families connect by bringing on laughter and open discussions.

Tips for healthy dinner conversation:

- Ask open-ended questions to connect after a long day
- Focus on the positive to learn more about your child's day
- Make mealtime a power off zone (put away all devices and turn off the TV)
- End the day with a positive thought- Even though bad things happen throughout the day you can always find the positives

Children will become more comfortable during a positive dinner environment and will begin to confide about the things that matter to them. When adults have their phones present and are not fully engaged in the conversation it teaches children that it is okay to semi listen.

Questions to help start dinner conversations



**POWER
OFF &
PLAY**

The logo consists of the words "POWER", "FF &", and "PLAY" stacked vertically in a bold, yellow, sans-serif font. A white power button icon is positioned to the left of the "FF &" text. A yellow power cord starts from the bottom of the "FF &" text, loops around the "PLAY" text, and ends in a power plug icon pointing towards the top right.