

5 Ways To Make MEALTIME A FAMILY TIME



1 TALK ABOUT MEALTIMES

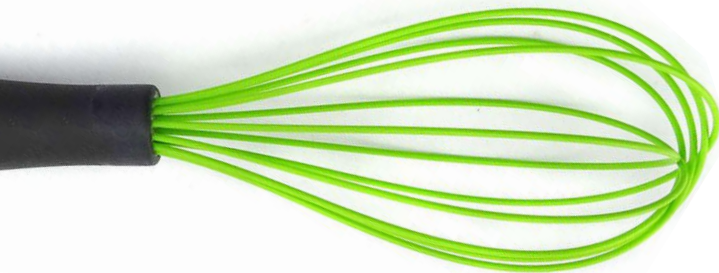
- Bring your family together.
- Talk about how your family meals are going.
- Ask everyone what is going well, and what could be better.
- Talk about ways to get everyone involved.

2 BRAINSTORM WAYS TO MAKE FAMILY MEALS MORE FUN

- Use family meals to check in with each other.
- Play fun background music.
- Create a mealtime family game.
- Keep talk positive.
- Save difficult talk for a different time.

3 OFFER CHOICES ABOUT MEALS

- Include your family in meal planning.
- Offer turns to pick out a variety of foods.
- Invite a family member to choose a meal for dinner one night next week.
- Invite another family member to pick a snack for tomorrow.



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4 CREATE AGE-APPROPRIATE ROLES

- » Invite someone to help with planning and preparing foods.
- » Work together with one child to create a menu and shopping list.
- » Other roles include: washing, stirring, adding ingredients, and gathering cooking tools.
- » Consider working together with one child to prepare the space for your meal.

5 PLAN AHEAD

- » Creating the plan is part of family time.
- » Putting the plan in action is making mealtime family time!



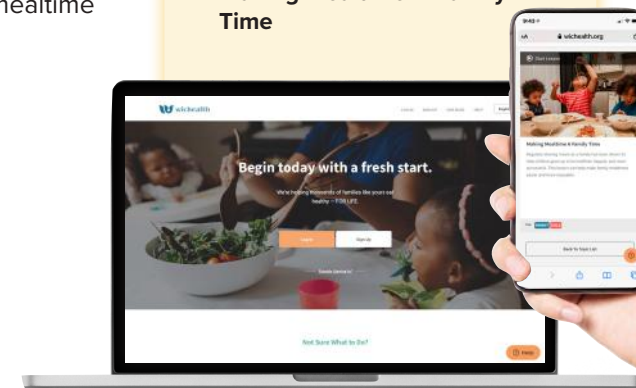
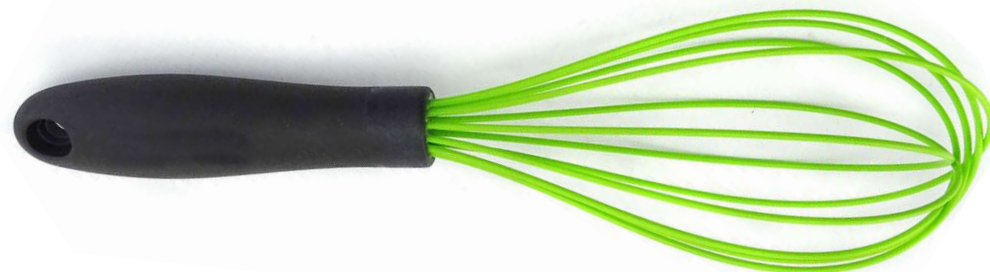
LESSON:
MAKING MEALTIME
A FAMILY TIME

Take This Lesson to Learn:

- How family meals can happen anywhere and at any time.
- Ideas and activities to get your family talking and enjoying mealtimes.
- Tips to get your kids involved in planning and making meals.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:
Feeding Your 2 To 5-Year-Old
- Choose the lesson:
Making Mealtime A Family Time



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