

CREATING MEMORIES AT MEALTIME

Family Style Dining

"THE BEAUTY OF A FAMILY MEAL IS THE
CONNECTION BETWEEN HEALTHY FOOD & LOVE."

10 WAYS TO CREATE MEANINGFUL CONNECTIONS:

TIPS FROM: PAGINGFUNMUMS.COM



- Work together to make the meal
- Make dinner time fun
- Keep the table technology free
- Plan ahead
- Play a "Finish the Story Game"
- Have a "Conversation Jar"

- Have dinner at the same time with the same routine
- Play a "Manners Game"
- Play a "Mystery Food Game"
- Role model positive behaviors

