

Eating Together as a Family More Than Just a Meal

Sharing a meal together is about more than just food, it's about connection, communication, and creating lasting memories.



What are the benefits of family meals?

- ☐ Builds stronger family connections and communication.
- ☐ Encourages “phones/screens down” time and focus on conversation.
- ☐ Practice sharing and taking turns by passing food or serving themselves.
- ☐ Promotes healthy eating habits by modeling a variety of foods.
- ☐ Supports language development through conversation at the table.
- ☐ Creates consistency and routine with shared mealtime traditions.

How can I make family meals more fun and engaging?

- ☐ Use colorful, child-friendly dishware and utensils.
- ☐ Try child-sized chairs or picnic-style meals on a blanket.
- ☐ Invite stuffed animals or dolls to “join” the meal for younger children.
- ☐ Keep cleanup easy with a nearby trash can and sink/dishwasher.
- ☐ Assign simple chores like setting the table or clearing dishes.
- ☐ Make it a regular event, like Taco Tuesday or Breakfast-for-Dinner Thursday.

How can I spark conversation during family meals?

Try these simple, open-ended prompts to get everyone talking:

- ☐ “What’s something new you learned today?”
- ☐ “What made you smile today?”
- ☐ “What’s your favorite thing about today’s meal?”
- ☐ “What’s something you’re excited about tomorrow?”
- ☐ “What’s something kind you saw or did for someone?”

How can I create an inclusive and positive mealtime environment?

- ☐ Give each child the chance to share and be heard.
- ☐ Encourage quieter children to participate in conversation.
- ☐ Avoid distractions and focus on connecting as a family.
- ☐ Celebrate small moments together, laughter counts!

How can I involve my child in mealtime preparation?

- ☐ Let your child help choose a meal or side dish for the week.
- ☐ Include them in grocery shopping. Ask them to pick a fruit or veggie to try.
- ☐ Give age-appropriate kitchen tasks (washing produce, stirring, setting the table).
- ☐ Teach simple food safety habits like washing hands before handling food.
- ☐ Encourage them to serve themselves small portions to build independence.

Family meals are an opportunity to slow down, share stories, and strengthen bonds.

For more family connection tips, visit chshslearn.org/resources/for-families

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