



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

What does a Family Meal mean?

Kids eat better when they know what to expect and see that behavior in other family members. Eating a Family meal promotes healthy eating for everyone in the family. But what is a "Family Style" meal?

A Family Style Meal is a meal where:

- ☹️ All family members are present
- ☹️ Everyone has comfortable seating and appropriate utensils
- ☹️ Children are able to pass the dishes around the table and choose what they want
- ☹️ Everyone sits together at the table
- ☹️ Table manners are reasonable and expected by everyone
- ☹️ Allows for good nutrition with a variety of foods
- ☹️ Allows for communication between all family members and to enjoy each other's company



How can you promote Family Style Meals in your home?

With some planning and consistent expectations, you can be successful. Preschool years are the time children are learning behavior for their lifetime. If you do not already have regular family meals starting now will set the pattern as your child grows

You can promote a Family Style Meal by:

- 👤 Increase the number of family meals per week to at least 4-5 times per week, daily if possible
- 👤 Plan scheduled meals at the beginning of the week as best as you can
- 👤 What meal time works best in your family?
Breakfast? Lunch? Dinner?
- 👤 Do not force feed or insist that your child clean his plate
- 👤 Do not be offended if someone does not like what you prepared. Children need introduction to new foods several times to learn to enjoy it. And we all have our likes and dislikes!
- 👤 Always have at least one usual family food such as bread, rice, potatoes, or pasta and milk at the table
- 👤 Have some rules but don't make it "Boot Camp"
- 👤 Focus on each other. Turn the TV off. Take phone calls later, not during mealtime.
- 👤 Cook food for several meals on the weekend and freeze for a quick meal during the week
- 👤 Be a good role model
- 👤 Involve your child in pleasant and positive conversation. Avoid discipline or topics that will cause conflict



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