



HANDLING CHALLENGES TO FAMILY MEALTIME

CHALLENGE

TIPS

Not enough time and busy schedules.

Set aside designated time for family meals.

Plan to have family meals weekly.

Pressure to have a perfect mealtime.

Family meals don't have to be perfect. Being present is what matters.

Don't be hard on yourself.

Willingness to be vulnerable.

Be open to saying "I'm sorry" and listening to others.

Teach and role model being vulnerable, taking risks, and expressing emotions.

Discussing difficult topics.

Establish ground rules.

Don't pass judgment and listen to others.

Navigating differing view points.

It's okay to say you don't know the answer or respectfully disagree.

Encourage children to expand on their ideas.