



Making Your Mealtime Special

Let's transform your mealtime from ordinary → **extraordinary**

Change the Environment





- Add placemats
- Create a centerpiece together
- Have an indoor picnic
- Make themes for each meal
- Bring dinner outside



Enhance the Conversation

Share time together!

- Gather around the table
- Remove distractions- (TV)
- Ask open ended questions
- Listen to each other
- When meal ends, play a game

Add Some Music



Spice it up!

- Pick someone to choose music
- Follow the theme/culture
- When meal ends, dance

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