



This edition of *NuNews*™ brought to you by:

In the Know with Family Mealtime

Make mealtime, family time for young children and teens.

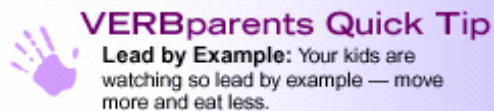
Start with good conversation.

Ways to help “jump-start” mealtime conversation:¹

- If family dinners are not common, begin by scheduling just one family dinner per week, choosing a night when everyone can be present. Once family members begin connecting over dinner, increase the frequency.
- Keep conversations interesting. Talking about work-woes or reviewing chore lists does little to build family ties or expand a child's view of the world.
- Create conversation-starting rituals. For example, have each family member plan to share a statement, perhaps about something interesting they recently did, or learned. For teens, ask them about current events of the day and seek their opinions. To help younger children feel more comfortable expressing feelings and thoughts, parents can offer their statements first.
- Keep comments positive and supportive. If children bring up difficult issues, suggest an after dinner talk to work out a solution together. This keeps the dinner table a pleasant place, instead a time for conflict.

Be an example of healthy eating and turn off the TV during family meals!

Welcome to [VERBparents.com](http://www.verbparents.com)



A website created for parents by the US Dept. of Health & Human Services, Centers for Disease Control (CDC).

With young children, know and practice the “division of responsibility”.²

Children decide:

- How much to eat
- What foods to eat
- Whether or not to eat

Parents decide:

- What food is served
- When food is served
- To make mealtime a priority



References

1. Baranowski, T. Child Nutrition. TV eating up family mealtime. <http://www.dentalgentlecare.com/Child%20Nutrition>
2. Satter, E. *Secrets of Feeding a Healthy Family*. Kelcy Press. Madison: WI, 1999.