

inspired

[to make healthy choices]

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Importance of Family Mealtimes

Enjoying meals as a family is a powerful prevention tool!

Youth who eat dinner with their families on a regular basis are less likely to use alcohol, tobacco and other drugs.

In addition, kids and teens who share family dinners three or more times per week are more likely to: (Stanford Children's Health)

- Maintain a healthy weight
- Perform better academically
- Have better relationships with their parents
- Experience positive mental health

FAMILY
MEALTIMES
3X
PER WEEK

Despite the many benefits of family mealtimes, only about 30% of families manage to eat together regularly.

(Harvard Graduate School of Education)

Sharing meals together may feel overwhelming for busy families.

Start slow with one meal a week and gradually increase the frequency to work this priority into your schedule.

Soon, this new habit will become second nature!

Tips for a Positive Family Mealtime

● EAT WELL.

Provide a nutritious, balanced meal that encourages healthy habits.

● UNPLUG.

Remove distractions by turning off the TV and leaving devices out of sight.

● ENGAGE.

Ask your child about their day, friends and experiences.

DID YOU KNOW?

Any time is a great time to talk about avoiding underage drinking and substance use. Feel free to use family mealtimes to share facts, allow your child to ask questions and practice refusal skills.

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