

Research shows us over and over the benefits of family mealtime throughout childhood. We can attribute the undistracted conversation around the table to increased social adjustment, growth development, and

**Thanksgiving** is a traditional season of gratitude. Take your gratitude checks a step further and make them a piece of fall Decor. Buy a Canvas at a local craft store, and let the kids help outline with ribbon, and accessories. Keep a jar of markers on the dinner table and let each family member write something they are grateful for on the board each night.



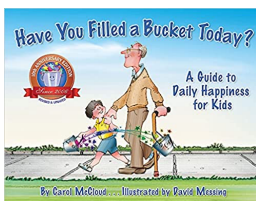
### Summer Count down!!

Using a traditional paper chain - have each child write a question or a fun activity they want to do over the summer -each night remove a ring to discuss the topic around the table as you count down until school is out

ex. favorite vacation spot, best summer read, new activity to try

# Make Meal Time Fun

## valentines day



Place an empty jar on the Dinner table and some paper hearts in another  
Use the book as a guideline on

How to fill someones bucket - go around the table and have

everyone tell how they filled someone's Bucket that day

## Question Jar

Have each family member write 5 different questions to put in a jar for meal time conversation.

Also check out [www.tabletopics.com](http://www.tabletopics.com) for various conversation starters for purchase. (travel size are great for out to eat!)

Or check out the following easy to manage table games

Tenzi, Story Cubes, headbanz,