

A MEAL WITH FAMILY

Family meals provide an opportunity for family members to come together, strengthen ties and build better relationships. They build a sense of belonging which leads to better self-esteem. Eating together can improve parent-child relationships, and give kids a sense of stability and connectedness. Family meals offer parents a chance to be role models. They can set an example of healthy eating and polite table manners.

Meals are also where we learn our family and cultural values, and where we establish our personal tastes.



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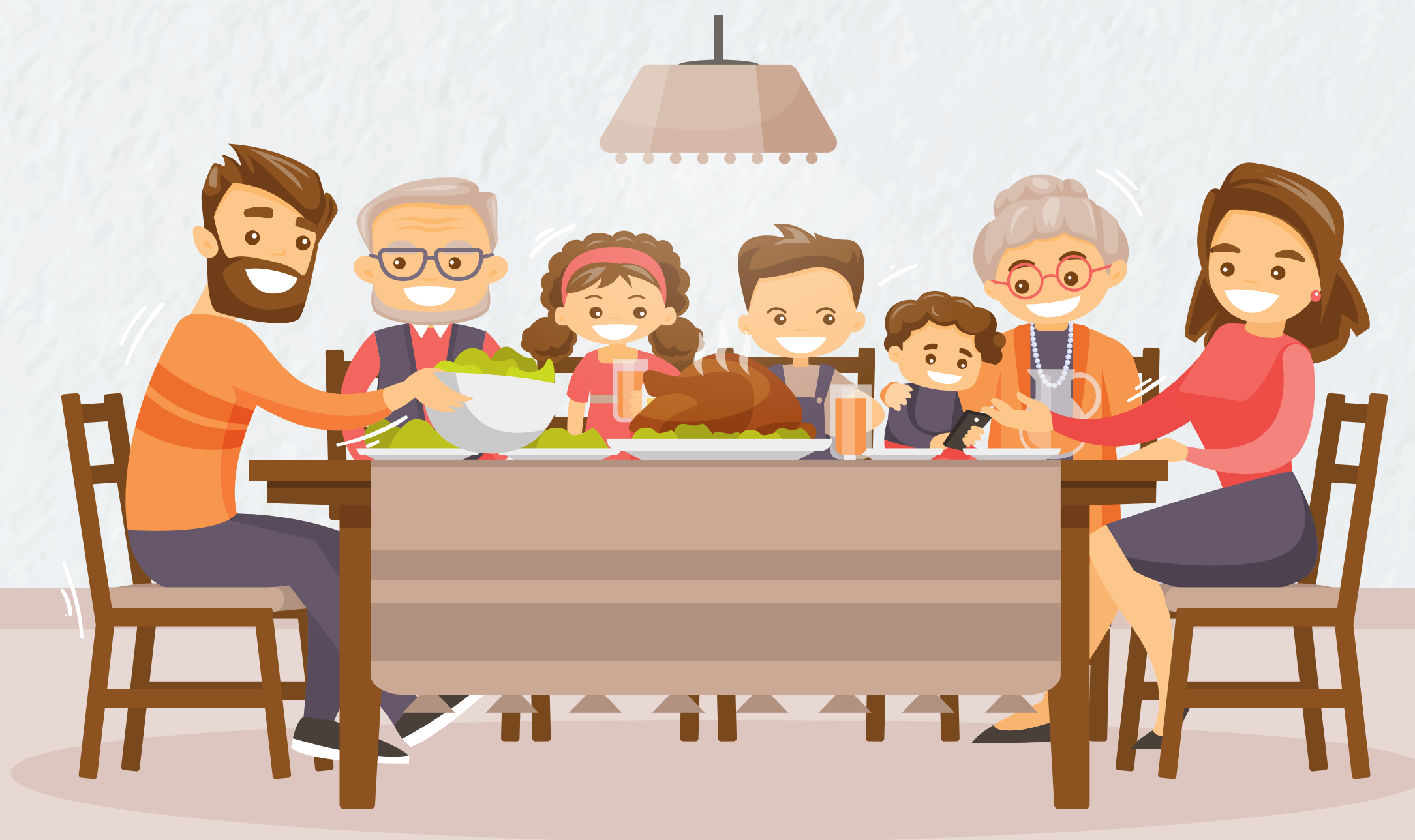
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The demands of everyday life and the need to provide for the family kept you from enjoying meaningful meals with your loved ones. This is a wonderful opportunity to reclaim all the moments you lost in these years. Why don't you plan a family dinner? You can make this as a regular activity in your family.

Parents need to be warm and engaged, rather than controlling and restrictive, to encourage healthy eating in their children



Get your children to help you cook the dinner.

This is a time for nourishing the body and heart. Do not discuss bad news. Avoid provocations and interrogations during dinner. Let each member enjoy their meal peacefully.

No texting and no television. It's time to show care and respect for the members you're dining with.

Speak about your family history. Children develop a sense of belongingness when they know their roots.



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Speak in a soft tone and make eye contact with the members sitting around you.

Take time to appreciate the food. No fault-finding. Also, appreciate the hands that cooked the meal.

If possible have a candlelight dinner tonight. Alternatively, use warm but dim lighting. You could further enhance the coziness by arranging your dinner on the balcony.

Enjoy a memorable evening with all dear ones.

