

## TEN SIMPLE STEPS TO SUCCESSFUL FAMILY DINNERS

By Laurie David\*

1. It's a date! Set a regular time for family dinner. This time may change as years go by, but day-to-day keep it consistent.
2. Everyone comes to the table at the same time. No stragglers.



3. No Phones!! Period.



4. One meal, no substitutions. You are not a short-order cook!
5. Everyone tries everything. Take a courtesy bite.
6. No Television!! Period.
7. Milk only with meals, unless there are religious or health conditions. Then, tap water only—filtered if needed, from a glass.
8. Friends and family welcome.
9. To get down from the table, you must be excused.
10. Everyone helps clean up.

## SIX SMART STRATEGIES FOR ENSURING MEALTIME SUCCESS

By Ellyn Satter, MS, RDN, LCSW, BCD\*\*



1. Make the time. Be there for each other.
2. Feed yourself, feed your children. Parents often focus on feeding their children and not themselves. Everyone eats, together.
3. Plan snacks.
4. Set the standard. "Feeding children appropriately requires a division of responsibility. Parents are responsible for the what, when and where of feeding. Children are responsible for tasting, trying and determining how much they will eat of what's served."
5. Serve it all up together! Put everything on the table at the same time, sit down, and don't get up till you're finished. No jumping up and down.
6. Cook in a hurry if you must, but don't eat in a hurry.

\*Author of: [The Family dinner: Great ways to connect with your kids, one meal at a time.](#)

\*\*Author of: [Child of Mine, How to Get Your Kids to Eat...But Not Too Much, and Secrets of Feeding a Healthy Family.](#) Ellyn is a Registered Dietician and a Licensed Clinical Social Worker.