

## BUILDING CONNECTION THROUGH MEALTIMES

GOAL:

### To build a family ritual through mealtimes

#### Start family traditions with **FEAST**

**F = Fun** meals can be themed nights or involving your child in the food prep.

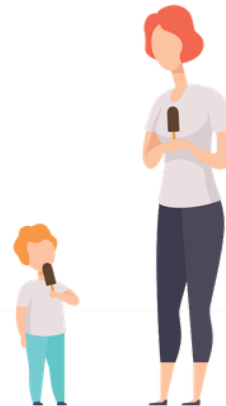
**E = Establish** a routine and be consistent.

**A = Attend** to your family completely to have meaningful interactions.

**S = Start** small by choosing one night per week to have a family meal.

**T = Take time** to connect to promote meaningful interactions.

Visit our website for more support here:



➤ *Together we stand, together we grow*