



4th Monday in September

A family is only as strong as its foundation. Coming together at dinnertime each day not only keeps a family involved with each other, but also creates a network of communication and support.

Visit www.flfamilyday.com for fun family dinner activities, recipes and more.

Conversation is the main course – Use these open-ended questions to keep everyone talking:

1. What was the best thing that happened to you today? Why?
2. What was the funniest thing you saw today?
3. What are you most grateful for today?
4. What was the last dream you remembered?



ACTIVITY GUIDE

Family dinners should be a time of connection, communication and fun. Whether you have made a recent decision to engage in regular family dinners or have always had family dinners, read this message for helpful and new information, and turn dinner time into something everyone looks forward to.



Dinner time should be “electronic free.” This means: no cell phones, computers, electronic games, TV or hand-held devices (Moms and Dads, this applies to you too!)

During dinner, sit together at the table or take dinner outside when the weather permits, or have “picnics” on the family room floor. Dinner time should be a positive experience. Discussions about discipline, broken rules and arguments should take place at a different place and time.



When age appropriate, let kids help with the meal preparation, setting and clearing the table and washing the dishes. Express appreciation for their help and let them know that as “part of a family,” everyone contributes.

Have a special night, such as “Sundaes on Sunday,” “Sandwich Night” or “New Recipe Night.” Have fun and change things around! Remember: it’s the time together that counts - don’t worry about making an elaborate or “perfect” meal.



Use family dinner as an opportunity to talk about the importance of a safe, healthy and drug free lifestyle and the dangers of distracted and impaired driving.



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Scan to learn more about Family Days, activity ideas, etc.

