



WEEK 2

Family Meal Structure



REFLECTING ON YOUR WEEK

- What are you learning about your children this week?
- What new thoughts or ideas have you had this week around family meal structure?
- How will you know if you want to keep the changes you make to your family meal structure?

SHARE YOUR THOUGHTS

Please share your reflections with our team about your experience this week.

[CLICK HERE FOR THE 2-QUESTION SURVEY](#)

RESOURCES TO CONSIDER

Take a look at these resources to learn more and explore this topic a little more on your own:

[Building a Satisfying Meal](#)

[7 Science Based Benefits of Eating Together as a Family](#)

[The Family Dinner Project](#)

AT A GLANCE

FAMILY MEALTIME CHALLENGES

- Week 1: Explore New Food
- **Week 2: Family Meal Structure**
- Week 3: Increase Family Bonds
- Week 4: Kids in the Kitchen
- Week 5: Pulling It All Together

DINNER DEMONSTRATION EVENTS

Late February or early March dates to be determined based upon final registration preferences of participants.

MEGAN DOWNER

Lake Ann Parent to Elliana and Maisie Grace.
Speech and Language Pathologist, CLC

As a practicing Speech Language Pathologist for 15 years, Megan helps families across a spectrum of ages (birth-geriatrics). Her interest in feeding therapy and is credentialed as a Family Approach and is a Certified Lactation Counselor.



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