



WEEK 3

Family Meal Structure



REFLECTING ON YOUR WEEK

- What are you learning about your children this week?
- How have your children’s interactions surprised you with having conversations at the table?
- What might you change to encourage more mealtime conversation?

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:

[Stop Letting Children Stare at iPads in Restaurants, Science says](#)

[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 parent and a professional, Megan Downer works with a wide spectrum of ages (birth-geriatric). Her interest in feeding therapy and is credentialed as a provider for Sequential Oral Sensory Approach to Feeding (SOS) program as well as a Certified

