



Family Day

Stand up for sitting down.

ACTIVITY GUIDE

Family dinners can be a time of connection, communication and fun. It can also be an hour of stress if you are doing all the planning, cooking and cleaning yourself. So 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.



Make or buy a “You are special today” dinner plate. When a family member has achieved a goal, been acknowledged or awarded or recognized, use the special plate that night at dinner.



Take a photo of your family eating dinner together and share on social media for a chance to win one of three \$100  Publix Gift Cards.

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