



# Family Meals Teach Children Social Skills

**Would these Rules for Meals work at your house?**

- Take turns talking.
- Listen well and ask questions.
- Turn off the TV during meals.
- Don't answer the phone during meals.
- Don't force anyone to eat.
- Don't argue or yell.

## **Ideas from families:**

**“My sons behave better since my mom and my aunt came to visit. They helped me change to healthier meals.”**

**“I went to some parenting classes. We talked a lot about listening and talking with our kids.”**

