



LET'S TALK! MAXIMIZING THE BENEFITS OF FAMILY MEALTIME



There's lots of talk in the world of parenting about the importance of connecting as a family at mealtime, with good reason. Research shows that some of the benefits can include better academic performance, higher self-esteem, greater sense of resiliency, lower risk of substance abuse, lower risk of teen pregnancy, lower risk of depression, lower likelihood of developing eating disorders and lower rates of obesity.

Today your child learned about the importance of conversations during mealtime and gained tools in leading and participating in a family mealtime conversation.

As part of today's lesson, your child made his or her own "Let's Talk - Conversation Starter" jar or box. It can be filled with ideas to start a conversation at home.

AT HOME ACTIVITY

Another way to engage in a conversation around mealtime is to create a family recipe book. Take some time for each member of the family to make a list of his or her favorite meals or dishes. As a group pick out the favorites and compile them in a family recipe book.

You can use a three-ring binder as the book and fill the pages with recipes and pictures. The whole family can participate in decorating the cover and brainstorming a fun name for the recipe book!

HEALTHY ACTIVE LIVING

Move It! The Importance of Daily Exercise

Exercise is important for both the body and the mind. Help your child experience the healthy benefits of exercise by having him or her participate in the below activity, which shows your child the different feelings in their body and mind before and after exercise.

Label a large sheet of paper with two columns: before and after. Ask your child to describe how he or she is feeling. Encourage your child to think about how his or her body feels, what mood he or she is in and what his or her body is telling him or her. Write down the responses in the "before" column. Next, lead your child through a series of exercises such as jumping jacks, knee marching, pushups or situps. After a few minutes, have your child describe how he or she is feeling now and write down the responses in the "after" column. To conclude, talk with your child about the health benefits of exercise, which can include maintaining overall health, building healthy bones and muscles, increasing flexibility and feeling good.

