

Let's transform your mealtime from ordinary → **extraordinary**

### Change the Environment

#### Keep it interesting!

- ◆ Add placemats
- ◆ Create a centerpiece together
- ◆ Have an indoor picnic
- ◆ Make themes for each meal
- ◆ Bring dinner outside



### Enhance the Conversation

#### Share time together!

- ◆ Gather around the table
- ◆ Remove distractions- (TV)
- ◆ Ask open ended questions
- ◆ Listen to each other
- ◆ When meal ends, play a game



### Add Some Music

#### Spice it up!

- ◆ Pick someone to choose music
- ◆ Follow the theme/culture
- ◆ When meal ends, dance

