

MEALTIMES AND POSITIVE YOUTH DEVELOPMENT

What is the importance of family mealtimes?

1. Family meals are important for healthy family functioning and to help youth develop appropriately.
2. Mealtimes provide routine, consistency, and ritual for youth.

Tips to Promote Positive Youth Development During Mealtimes



What are some ways your children can get involved with mealtime?

- 1.
- 2.
- 3.