



A family is only as strong as its foundation. Coming together at dinnertime each day not only keeps a family involved with each other, but also creates a network of communication and support.

Visit www.flfamilyday.com for fun family dinner activities, recipes and more. Then, enter our Family Day Photo Contest by sharing a photo of your family eating dinner together on social media. Post it on our Facebook page or send it in a Facebook message to us. Or post it on Twitter or Instagram using #FLFamilyDay. Three random winners will be selected to win a \$100  Publix Gift Card.


Family Day
Stand Up For Sitting Down.

9.28.2015

Conversation is the main course – Use these open-ended questions to keep everyone talking:

- What was the best thing that happened to you today? Why?
- What was the funniest thing you saw today?
- What are you most grateful for today?
- What was the last dream you remembered?
- What would you like to do this weekend?

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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Post on our page or
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