Mealtime Minutes
Practical mealtime solutions to make gathering together around the table the best part of your family’s day.

Mealtime Minutes
Conversation Cards
Let’s say you want to talk about your day but someone else is already talking. What could you do?

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Let’s say Dad was late for dinner and made us all wait, how would you feel?

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What’s one vegetable you would like to eat this week?
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What’s one meal you would like to eat this week?

What are some foods that you enjoy?
Does everyone in the family enjoy that food?

What’s one fruit that you would like to eat this week?

When you’re upset about something, what do you do to calm down?
What do you think would be some good family rules for behavior during mealtime?

What kinds of things can you do to help Mom/Dad with mealtime?

What do we need to do before we sit down at the table?

How can you tell if someone is not listening to you?
**Mealtime Minutes**
Conversation Cards

Pretend Mom ate all of the cookies, how would you feel? How do you think Mom feels?

How do you feel when you don’t get time to talk during mealtime? How do you think ____ feels when s/he doesn’t get time to talk during mealtime?

**Mealtime Minutes**
Conversation Cards

Why do you think it is important to eat fruits and vegetables?

Let’s say it’s mealtime, but you aren’t feeling very hungry. What do you do?
What does it mean when someone “makes fun of” someone else?

Let’s say Mom really wants grilled chicken for dinner and Dad really wants pasta. What could the family do?

What do you think it means to respect someone?

How do you feel when someone makes fun of you? Do you think other people feel the same way?
What’s one thing you like about each person in our family?

How is mealtime different when people are mad at the table?

What do you think would make our mealtime better?

What’s one thing you like about eating together as a family?
What does your body feel like when you are calm?
Do you breathe slowly?
Do you feel warm and comfortable?

When you’re at school, how do you know it’s lunchtime?
When you are at home, how do you know it’s mealtime?

What rules do we already have about mealtime?

Let’s say you really want to sit next to Mom tonight, but the seat next to her is already taken. What could you do?