



Family Dinner Night... it's not just a one night event!

Most households do not eat dinner at the same time every night, or even manage to eat together. Although family schedules do not always coincide, we all “fly back to the nest” at some point in the evening. It is then that we can hopefully sit at the table and share some kind of nourishment for the mind, body and soul.

For many, the best part of “family dinners” is not about the food or the time of day, but about the conversation that takes place when a family / household / adults and kids are together. If it's at a table, then make “Table talk” a ritual in your household!

**Please join Shaping Summit Together in
Summit's Family Dinner Campaign as an
Every Day Event...
in whatever format fits your family's groove!**

Strengthen your family connection by talking about the challenges we all face at some time or another. Make healthy choices and healthy conversation. See the reverse side for some “conversation starters” that received some good feedback last year.

Restaurants and vendors in Summit offer year-round economical “take-in” or “eat-out” food options.

Contact us at www.shapingsummittogether.org and tell us your thoughts about how Summit's Family Dinner Campaign helps your family!

For conversation tips on drugs, alcohol and other substances, visit:
www.timetotalk.org.

Sponsored by Shaping Summit Together

Family Rituals and Traditions

- What do we do consistently together that makes us all feel happy, loved and connected as a family?
- What additional ideas do we have to stay in tune with each other as a family?

Nutrition

- How can each one of us eat or drink one or two new healthy things that give us important nutrients?
- What disadvantageous food, beverage or habit would we want to see ourselves give up?

Health

- What diseases or illnesses run in our family tree and how should we approach preventative care?
- Do we all feel comfortable with the medical professionals in our lives? In what area do we need to find help?
- In the midst of pressure to eat or drink unhealthily, how can we guide our choices by a positive self-image and self-control?

Character & Values

- What character traits do we most admire in each other?
- How would each of us benefit from a change of attitude or character trait?
- Is there a spiritual basis for what we believe?

Academics

- What subjects do we seem to enjoy?
- How do we like to learn new things and share that knowledge as a family?

Service to Others

- What do we have in abundance that we could share with others?
- Who do we feel called to help and why?

Hobbies

- Do we all have something to claim as a hobby?
- What would be something we could do as a family to give us a "shared experience"?
- What are some low or no cost things we can do as a family to have fun and enjoy our time together?

Friendships

- Do we have authentic friendships?
- Who would we want to add to our friendship circles?
- How do we like to spend time with our friends?
- What can we do to help each other make good decisions for our respective selves and for the family as a whole?

Entertainment

- If we had "Family Night" once a week, what would we want that to look like?
- Should the time vary according to schedules or should we make one night stick no matter what?

Sports & Fitness

- Are we getting the exercise and fitness we need daily or weekly?
- What exercise or fitness routine do we enjoy doing as a family?
- Do we want to add something?

Some Tips for Ongoing "Special Time"

- Spend 20 minutes a day with each family member one-on-one doing something that the "other" person wants to do and then switch the next time
- Take a break from parental commands, questions and directions
- Listen more, talk less
- Praise that person for as many positive behaviors or qualities as you can

Excerpted from *Change Your Brain, Change Your Life* by Daniel G. Amen, M.D.