Is your family ready for #DeviceFreeDinner?

Don’t worry — it’s easy! You can do it at home, at a restaurant, on the go, or anywhere that adults and kids can share distraction-free time. Here’s how:

✓ Plan a mealtime when kids and adults will be together. (It doesn’t even have to be dinner — breakfast works, too!)
✓ Turn off the TV and put away all electronics (phones, tablets, laptops).
✓ Talk to each other (and have some fun!).

Here’s a fun activity for kids and adults to do together at mealtime:

When I was a kid, I wanted to be a ________________________________ when I grew up.

The most embarrassing thing that ever happened to me was ____________________________________________.

If I could have a magical power, it would be ________________________________________________________.

I heard/saw something interesting on the news today about____________________________________________.

Something I’d like to know more about is __________________________________________________________.

The most important qualities of a leader are ________________________________________________________.

One day, I hope we can _________________________________________________________________ together.

I feel proud of you when you _________________________________________________________________.

Grown-ups: Keep it going! Together with your kid, take turns coming up with questions for each other. They can be silly or serious. Just keep talking!

Kids: Read the sentences below and ask your parent/caregiver to fill in the blanks.

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DID YOU KNOW?

Family mealtime can contribute to greater academic success.

Family mealtime is linked to fewer behavior problems.

Families who share mealtimes at least three times a week are more likely to eat healthy.

For more information about #DeviceFreeDinner, go to www.commonsense.org.