



FAMILY DINNER RULES

Everyone sits at the table

Mealtimes are about family time as well as eating, so no screens or toys at the table

Be grateful

There is one meal for everyone and the first thing and last thing to say is 'Thank You'

You don't have to eat

Tonight's dinner might not be your favourite but there will be at least one food/drink on the table you like. We will have everyone's favourite over the month. It's up to you what or how much you eat

Be kind

Please don't complain about the food, it's not very nice for the cook! But after you've tried it you can definitely politely give your verdict!

Help each other

Everyone will get one mealtime 'job', laying the table or clearing up. Help each other out by passing around foods and drinks.