

# How Kids Benefit From Family Dinners

## Ages 1-5

CONVERSATION AT THE DINNER TABLE IS EVEN BETTER THAN READING TO CHILDREN IN BOOSTING THEIR VOCABULARY, AND HELPING THEM TO READ.

KIDS WHO START EATING DINNERS NOW ARE LESS LIKELY TO BE OVERWEIGHT LATER.

NEW PARENTS WHO DEVELOP DINNER-TIME RITUAL FEEL MORE SATISFIED WITH MARRIAGES.



## Ages 6-12

STRONG LINK BETWEEN FAMILY DINNERS AND ACADEMIC PERFORMANCE, EVEN STRONGER THAN DOING HOMEWORK, SPORTS, OR ART.

INCREASED INTAKE OF FRUITS, VEGETABLES AND MICRONUTRIENTS, AND FEWER FRIED FOODS, TRANS FATS AND SODAS.

CHILDREN FEEL MORE CONNECTED TO SIBLINGS AND PARENTS.

## Ages 13-18

TEENS WHO EAT REGULAR FAMILY DINNERS ARE MORE LIKELY TO GET AS IN SCHOOL.

REDUCES HIGH RISK TEENAGE BEHAVIORS LIKE SMOKING, SUBSTANCE ABUSE, EATING DISORDERS, TEENAGE PREGNANCY, AND VIOLENCE.

REDUCES DEPRESSION AND ANXIETY AND INCREASES SELF-ESTEEM.

OPPORTUNITY TO CHECK IN WITH KIDS TO FIND OUT HOW THEY'RE DOING

KIDS WHO EAT FAMILY DINNER GROW UP TO BE YOUNG ADULTS WHO EAT MORE HEALTHILY.

