

Having Supper as a Family

Goals

- Families sharing meals together.
- Families using their mealtimes to spend time together, work together, and connect with each other.
- For families to have an ingrained experience of an intimate meal, so they can relate to our Eucharistic meal-centered faith.

Barriers

- U.S. families are eating dinner together much less often. Only 51% of families eat dinner together daily. Many only do so a few times a week. (Pew Research, 2010, <http://www.pewsocialtrends.org/2010/11/18/iv-family/>).
- U.S. families are having shorter and shorter mealtimes.
- Families are more and more distracted by televisions and always-on electronic devices.

Objectives

Challenge parents to make mealtimes a priority

- Affirm that it will take significant effort and prioritization to make this happen (you will have to say “no” to something else).
- Inform them of the positive effects of family meals.

Coach parents to make supper meaningful

- Remove distractions (e.g. put all mobile phones in a basket in another room)
- Make it a little special (with flowers or a candle), but keep it simple.
- Have everyone helping setting up and cleaning up.
- Discuss the events of the day. What happened at school or at work? Everyone can share a “highlight” and “lowlight” of their day.

GrowingUpCatholic.com/supper