8 REASONS THAT WE SHOULD SPEND DINNER TOGETHER AS A FAMILY...

1. Regular mealtime is a powerful predictor of high achievement scores in school, homework, sports and other activities.

2. Healthier kids and teens:
   - Higher fruit, veggies and grains
   - Less pop and fried food
   - More nutrients received: A, B6, C, E fiber, folate, iron and calcium
   - Less likely to be obese
   - Encourages healthy eating habits, and more likely to continue once independant
   - Less likely for adolescents to practice eating disorder behaviors
   - More likely to participate in breakfast meals

3. CONVERSATION!! Helps parents and children unite, and also boosts vocabulary

4. Lower rates of anxiety, depression and suicidal thoughts

5. Regular family dinner = less likely to have risky teen behaviors, and less participation in delinquent activities

6. Less stress for children

7. Better relationship between kids and parents

8. Encourages higher self esteem for children
Did you know...?

Adolescents who ate family meals five to seven times a week were twice as likely to get A’s in school as those who ate dinner with their families fewer than two times a week.

Regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.

Young adults who ate regular family meals as teens are less likely to be obese and more likely to eat healthily once they live on their own.

For young children, dinnertime conversation boosts vocabulary even more than being read aloud to.

Family dinners have been found to be a more powerful deterrent against high-risk behaviors than church attendance or good grades.

In a survey, American teens were asked when they were most likely to talk with their parents. Dinner was their top answer.

Kids who eat dinner with their parents experience less stress and have a better relationship with them.

Researchers do agree that family meal time is highly beneficial, promotes healthy eating habits, produces lower numbers of
depression in teens, and encourages higher self-esteem in children (McIntosh, et al., 2010).

Children and adolescents have a greater fruit, vegetable, and grain intake, and less soft drink and fried food consumption. Included with this difference is that the children would receive more nutrients including vitamins A, B6, C, E, fiber, folate, iron and calcium (McIntosh, et al., 2010).

Children and adolescents who eat dinner with their families are more likely to participate in breakfast (Fulkerson, Kubik, Story, Lytle, & Arcan, 2009).

The more often you have family meals the less likely adolescents are to practice disordered eating behaviors, which includes binging, anorexia, and overeating (Fulkerson, et al., 2009).

Researchers have linked higher family meal participation to higher psychological well-being. Psychological well-being includes higher levels of self-esteem, less depression and anxiety, and fewer suicidal thoughts. Also, research has found that adolescents who eat dinner with their families frequently have a lower proneness to participate in delinquent activities (McIntosh, et al., 2010).

sources:
https://www.washingtonpost.com/posteverything/wp/2015/01/12/the-most-important-thing-you-can-do-with-your-kids-eat-dinner-with-them/