



## No family dinner? Other options to try

Today's families are busier than ever. Parents' jobs, kids' activities, social events, and homework seem to leave little time for anything else.

Research shows that sitting down as a family for dinner is good for everyone at the table. The Family Dinner Project says sharing a family meal is good for the brains and health of all family members. But some families simply can't make this happen every night. So what should you do? Don't give up on finding time for each other. There are other options for family bonding that don't need to happen at the dinner hour.

- **Consider breakfast.** If everyone is home in the morning, why not take a few extra minutes to enjoy a family breakfast? It can get everyone off on the right foot.
- **Try weekend lunches.** If dinner only happens once or twice a week, weekend lunches can be a great choice too. A picnic outside in the warmer months makes for a fun change of pace.
- **Think about your schedule.** If you can't get everyone together for a meal at least twice a week, consider rearranging activities or saying "no" to some commitments. The benefits of family meals together are worth the effort.