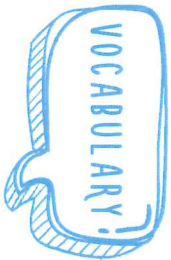




RESEARCH SHOWS

MEALTIME AROUND THE TABLE:

★ BOOSTS CHILD



★ ENHANCES
RELATIONSHIPS



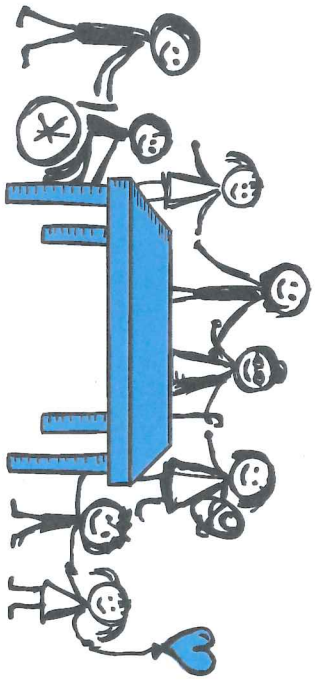
★ REDUCES OBESITY
& MEDICAL CONDITIONS



FAMILY WEEK

CELEBRATING ★ FAMILIES
OCTOBER 17-24, 2015

PRESENTS



★
COME TO THE
★
TABLE
★
TOGETHER

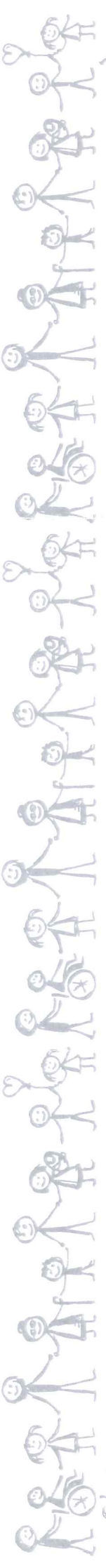
★ IMPROVES ACADEMIC
ACHIEVEMENT



★ IMPROVES
BEHAVIOUR



★ SAVES
MONEY





EXTENSIVE RESEARCH HAS FOUND:

- ★ For young children, dinnertime conversation boosts vocabulary even more than being read aloud to.
- ★ Young kids learned 1,000 rare words at the dinner table, compared to only 143 from parents reading storybooks aloud.
- ★ For school-age youngsters, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.
- ★ Adolescents who ate family meals 5 to 7 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.
- ★ Children who eat regular family dinners also consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks.
- ★ 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.
- ★ American kindergartners who watched TV during dinner were more likely to be overweight by the time they were in third grade.
- ★ Many studies link regular family dinners with lowering a host of high risk teenage behaviors parents fear: smoking, binge drinking, marijuana use, violence, school problems, eating disorders and sexual activity.
- ★ Kids who had been victims of cyberbullying bounced back more readily if they had regular family dinners.
- ★ A higher frequency of family meals was strongly associated with positive moods in adolescents.
- ★ Teens who dine regularly with their families also have a more positive view of the future, compared to their peers who don't eat with parents.

FULL REPORT & LINKS TO STUDIES AT WWW.FAMILYWEEK.COM.AU