



healthy kids, happy families

# Parents.

best.



## table talking points

Get your kids to pipe up during mealtime with these conversation starters.

**\* draw it out**

Distract your hungry child while dinner's being prepared by providing some paper at the table for her to draw on. Once the meal is served, ask your little artist to tell you about her doodles.

**\* call his bluff**

Kids will get a kick out of telling a lie in this playful bluffing game. Ask your child to share three events from his day—two that really happened, and one tall tale. Try to guess which of the stories is fake.

**\* begin a debate**

Pose thought-provoking questions to your kids like, "Would you rather be able to read minds or be invisible?" Once they share their reasoning, have them take turns asking their own "Would you rather ... ?" question.

—Christa Melnyk Hines

**SCAN** this page with your Mom+ app for a video that teaches kids to be good listeners too. See page 181 for Mom+ details.