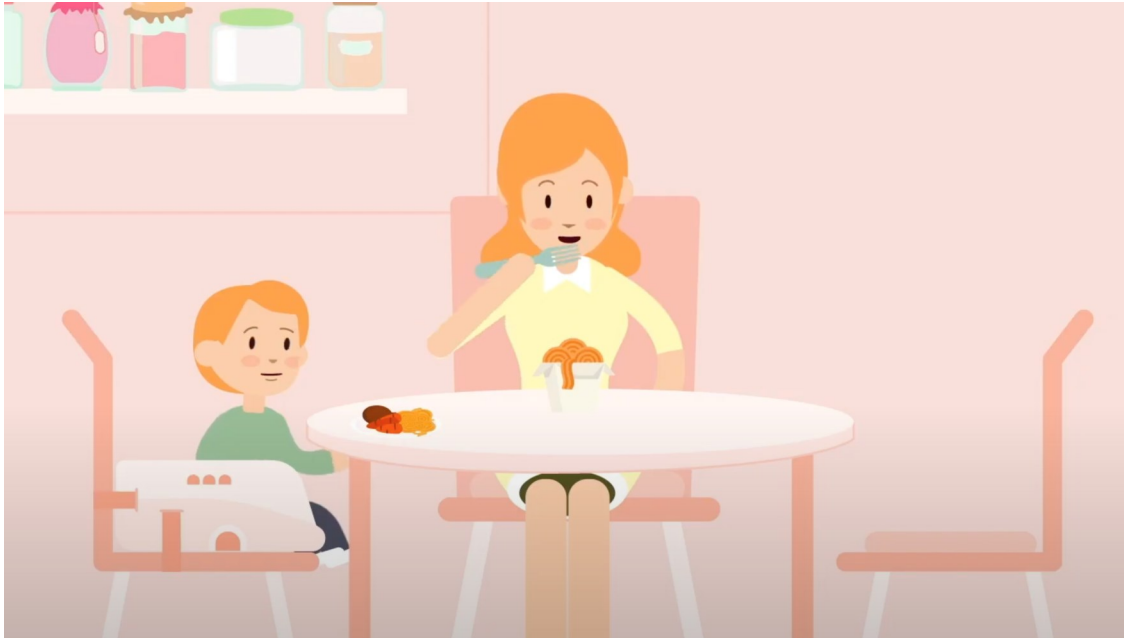


# Provider Tip of the Week

January 19, 2022

## Family Meals



Research suggests that regular family meals are associated with children having healthier eating habits, better academic performance, and higher self-esteem. Family meals also help with picky eating, power struggles around diet, and getting children to sit at the table for longer periods of time. When you're discussing nutrition in any visits from 12 months on, suggest to parents that they pull up that highchair and engage in meals together. It's an opportunity for connection, conversation and skill building.



**Provider Tips powered by the Keystones of Development curriculum, login at [parenting.mountsinai.org/providers/](https://parenting.mountsinai.org/providers/) to learn more.**