

Dinner at Your Table

Take some pressure out of mealtimes and decide what you want them to feel like.

WHEN TO USE THIS

Use this if dinner has become another fight, or something you dread cooking.

What does dinner usually look like on a weeknight?

Standing up, in shifts, in front of the TV. Whatever is true.

What makes it hard? Tick what fits.

- ☐ No time to cook
- ☐ Everyone eats at different times
- ☐ Fights about what is on the plate
- ☐ Money is tight
- ☐ I am too tired to care
- ☐ Nobody helps clean up

What is one thing about dinner you would like to keep as it is?

What is one small change worth trying this week?

Same easy meal twice. Phones in a basket. Eating earlier.

Fed is the goal. Anything warm that happens at the table on top of that is a bonus.