MEALTIME IS AN IDEAL TIME for Positive Family Communication!

Making time for meals together can be tough, but it’s important. (It doesn’t have to be dinner. Breakfast and lunch work too!)

Start the Conversation!

A few ideas to get the conversation going:

- What is your favorite book or movie of all time?
- Tell me something fun or interesting that happened today.
- Would you rather live in a big city or small town? Why?

For more conversation starters and tips on how to increase positive family communication, visit our website: www.glcyd.org/youthconnections