



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