Is your family ready for **#DeviceFreeDinner**?

Don't worry — it's easy! You can do it at home, at a restaurant, on the go, or anywhere that adults and kids can share distraction-free time. Here's how:

- ✓ Plan a mealtime when kids and adults will be together. (It doesn't even have to be dinner breakfast works, too!)
- Turn off the TV and put away all electronics (phones, tablets, laptops).
- ✓ Talk to each other (and have some fun!).

Here's a fun activity for kids and adults to do together at mealtime:

Kids: Read the sentences below and ask your parent / caregiver to fill in the blanks.

DID YOU KNOW?

Family mealtime can contribute to greater academic success.

Family mealtime is linked to fewer behavior problems.

Families who share mealtimes at least three times a week are more likely to eat healthy.

Grown-ups:

Keep it going! Together with your kid, take turns coming up with questions for each other. They can be silly or serious. Just keep talking!

When I was a kid, I wanted to be a	when I grew up.
he most embarrassing thing that ever happened to me was	·
If I could have a magical power, it would be	
I heard/saw something interesting on the news today about	
Something I'd like to know more about is	
The most important qualities of a leader are	
One day, I hope we can	together.
I feel proud of you when you	

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