

12 Questions to Ask Your Kids at Dinner

Parents do you routinely sit down to family meals? Research suggests doing so may be beneficial, helping bolster kids' social skills while improving their eating habits. An American Academy of Pediatrics report in the journal Pediatrics last year noted that regular family meals may help ensure adolescents eat more fruits and veggies, and are associated with a decreased risk of developing eating disorders, particularly for girls. But the benefits may be reduced if you give into distracted dining, constantly checking your mobile device. You must engage — and be thoughtful about what you discuss. To make the most of your time together, parenting experts suggest asking the following questions.

1. What is something interesting (or fun or difficult) you did today?
2. What's on your mind today?
3. Who did you sit with at lunch today?(when school is in session)
4. Can I tell you about something crazy that happened to me today?
5. What are all the things you're grateful for today?
6. Do you feel full?
7. What made you laugh recently?
8. Do you have any questions about what's going on in the news?
9. What do you want to do tomorrow?
10. How are your friends or classmates doing?
11. What did you talk about in some other classes?
12. What was your best success of the day?