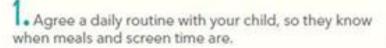
## Deal with dinner time distraction



Jode Plews, Beezee Bodies Mutritionist

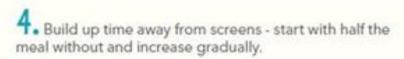
Six quick tips

to help you set boundaries around screen time — for more enjoyable meals together and happier, healthier children:



2. Set timers for screen time and be sure to stick to those boundaries.

 Give them pre-dinner warnings, like "dinner is in 10 minutes", "5 minutes" etc.



 Try to make dinner engaging - make conversation, play games or do a quiz.

 Allow movement breaks if needed, to keep them engaged with eating without a screen.

Sign up today!



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Went to start some healthy habits as a family in 2024?

Sign up now and our friendly team will support you. Scan the code

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