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## TIPS FOR *ENJOYABLE* MEALTIME MEMORIES

**Assign everyone a job.** Sometimes teens get distracted and forget to help out. Having roles to fill keeps them engaging with one another. But make sure the job fits their age and maturity level.

**Don't come with a list of parenting issues you want to discuss.**

**Listen as they talk about their day.**

**Don't allow siblings to mock or put down each other** if someone is struggling with an issue. Kids need to know home is a safe haven where opinions will not be marginalized and feelings matter.

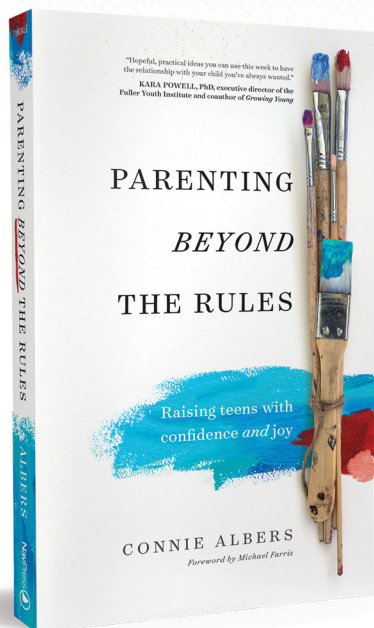
**Use this time to build each other up.**

**Don't get into fights over table manners or lack thereof.**

Ask your children to sit up, hold their fork properly, chew with their mouth closed, etc. But stay focused on the end goal. Focus on the relationship. They will learn and apply manners as they get older. And if they don't do everything you've taught them, they will be fine.

**Ask leading questions** to get the conversation going.

**Require all hands on deck during cleanup.** And, if a towel fight breaks out, try to have fun and run fast!



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CONNIE ALBERS spent 25 years parenting her five children and 20 years working with teens. She is a popular speaker and writer dedicated to strengthening families, parenting, homeschooling teens, faith-filled living, and leadership. Her practical content inspires and equips parents in the trenches. Connie has been a spokesperson for a Fortune 500 company as well as serving as a director and board member for a nonprofit state homeschool organization.

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