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Eltereschoul Doheem #4

After the Easter holidays, Eltereschoul/Ecole des Parents is back with a new edition of "**Eltereschoul Doheem**", the letter for parents. In this issue we take up the topic of family meals.

Family meals - Family happiness during confinement?

Having a meal together is more than just eating enough! During confinement, these moments together give children a structure and rhythm to their day.

- Children enjoy eating what they have cooked themselves. Even the smallest children can help with cooking and, depending on their age, take on small tasks. Cooking together is a stimulating activity where children learn a lot.
- Eating together as a family encourages good eating habits and helps toddlers imitate adults and dare to taste different things.
- Lunch or dinner is not a good time to educate your children or to deal with conflict. This time together should be spent in a positive atmosphere for the whole family. Listening and talking about how everyone has spent their day provides the child with important emotional support.
- Parents are role models for their children. Media such as TV, music and mobile phones have no place at the common table.
- When siblings quarrel during meals, be understanding. Avoid taking sides with either of them and interfere as little as possible.

By preparing their favourite food and with a lot of patience, parents can encourage teenagers to come back to the family table and in this way show them that they still have an important place in the family.

The Eltereschoul team

If you have any further questions, please do not hesitate to contact us by e-mail: eltereschoul@kannerschlass.lu. Leave your name and phone number and a member of the team will contact you as soon as possible.

