

6/01/2019

marri *Findings*

FAITH & FAMILY

Family Mealtime



**A Time of Sowing Seeds
in Your Child's Life**

**"All great change in America begins at the dinner table."
-President Ronald Reagan**

Family Mealtime Differs by Socioeconomic Status



A [2017 Australian study](#) found that parents of children 6 years old and younger and who were from lower socioeconomic positions, had a higher frequency of family mealtime, compared to parents from higher socioeconomic positions.

Family Mealtime Sown at a Young Age Results in Thriving



Family Mealtime has Positive Effects on Youth's Psychosocial Outcomes



A [2015 systematic review](#) found that children and adolescents who frequently have meals with their family were less likely to have negative psychosocial outcomes, such as disordered eating, alcohol and substance abuse, violent behavior, depression, and suicide ideation. It further found that children and adolescents who frequently have meals with their family were more likely to have increased self-esteem and educational success.

A [2018 Canadian study](#)

prospectively examined the influence, at age 10, of the environmental quality of the family meal at age 6. Environmental quality was defined as having an enjoyable mealtime, of having the opportunity to talk and confide with each other, of having feelings of acceptance, and of having lots of good feelings during the meal. It found that the more these increased, the higher were levels of physical fitness, and the lower were levels of aggression and delinquency.



For More Information about [Healthy Marriages](#), please visit Marrimedia.org



[View E-mail in Browser](#)

This email was sent to deatherage@cua.edu

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Marriage and Religion Research Institute · 8801 Kensington Pkwy · Chevy Chase, MD 20815-6711 · USA