

**THE HONEYBAKED HAM**  
C O M P A N Y

**Ten Ways To Help Your Child Succeed**

1. **Let's Talk** – Talk with your child
2. **Reach For The Sky** – Set high but realistic expectations
3. **I'm OK, You're OK** – Build your child's self-esteem and confidence
4. **An Apple A Day** – Keep your child healthy
5. **Parents Are The First Teachers** – Support learning at home
6. **Getting Connected** – Communicate with your child's school
7. **Oh, The Places We'll Go** – Encourage exploration and discovery
8. **Circle Of Friendships** – Help your child develop good relationships
9. **Stayin' Alive** – Keep your child safe
10. **Can I Help?** – Participate in community service



For more information on parental involvement, contact the Georgia PTA.

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# CHAT

**THE HONEYBAKED HAM**  
C O M P A N Y

**CHILDREN'S HOUR  
AT THE TABLE**

Ideas And Activities  
To Make Mealtime Fun  
New! Family Mealtime  
Contracts Enclosed



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# WHAT IS C.H.A.T.?

The HoneyBaked Ham Company and The Georgia PTA are working to strengthen the family dynamics in our increasingly hectic lives. Together, we are focusing on the importance of strengthening parental involvement at home.

## Why Should Families Eat Together?

It is proven that when families make the time and effort to eat together, stronger bonds are formed. Mealtime can be a time to share, listen and learn about what is going on in the lives of your family members.

- It signals to the children that it is important to stop and appreciate the family.
- It is a time for children to be the center with their parents.
- It is a time to tell about achievements and be acknowledged for a job well done.
- It should be a time that both parents and children anticipate and enjoy.

## The Importance Of Parental Involvement

Research has shown that the more parents get involved in their children's lives the more successful their children will be. Grades and attitudes improve. Post-secondary education enrollment increases. And better decisions about drugs and alcohol are made. A regularly scheduled family meal provides the perfect place for parents to connect with their children.



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### Tips For Families With Young Children (Ages 5-10)

Let the children help plan the menu by asking them to pick a few things they want served. Include them in the shopping for the meal. Let them assist in easy preparation and setting and clearing the table. And for fun, bake cupcakes earlier in the day (or pick them up at the store) and let the children decorate them at the table.

The C.H.A.T Family Mealtime Contracts were designed to encourage fun communication and strong ties between young people and their parents by focusing on families eating together.

### C.H.A.T. Family Mealtime Contract – Children (Ages 5-10)

Because my family is important to me, I will agree to join in family mealtimes.

I agree to:

- Help prepare the meal, set the table or clean up when asked.
- Be pleasant and not whine at the table.
- Answer questions with more than one word.
- Not argue with my brothers and sisters when we eat together.
- Wait my turn when someone else is talking.
- Never say “yuck,” but try a bite of everything, even if I hate what is being served.
- Say something nice to each person.
- Thank the cook for preparing the meal for my family and me.

Signed \_\_\_\_\_  
Child

### Tips For Families With Young Adults (Ages 10-17)

Young adults can take a greater role in preparing the family meal. Let them assist in planning the menu and have them shop for menu items on their own to learn about budgeting. Allow them to prepare a meal on a weekly basis or prepare specific menu items at each meal. Ask the children to set and clear the table. And to facilitate the family conversation, by using some of the suggestions listed in this brochure.

### C.H.A.T. Family Mealtime Contract – Young Adults (Ages 10-17)

Because mealtime is an important time to be with my family and form strong family ties, I agree to attend and participate in the family meals.

I agree to:

- Be a part of family meals.
- Be on time for family meals.
- Join in the conversation.
- Answer questions in more than one-word sentences.
- Help plan the meal and clean up afterwards.
- Be pleasant at the table.
- Not argue with anyone.
- Try a bite of everything that is being served.
- Pass the food politely.
- Say something special about each person.
- Thank the cook for preparing the meal for my family and me.

Signed \_\_\_\_\_  
Young Adult



F.P.O.

### The HoneyBaked Tasty Trio.

A delicious and simple way to enjoy a family meal.

## C.H.A.T. Family Mealtime Contract – Parent (Or Caring Adult)

I will provide positive experiences and teach my family the value of traditions and family time.

I agree to:

- Provide fun communication and strong ties by serving a family meal \_\_\_\_\_ times a week.
- Serve some of my children's favorite foods at least once a week.
- Include my children in some of the meal planning.
- Facilitate fun conversations.
- Not discuss a subject of choice designated by the children.
- Provide an opportunity for everyone to have a chance to be heard.
- Not preach or "razz" my children.
- Listen to what my children are saying.
- Not use mealtimes for serious reprimands.
- Not allow arguing to take place.
- Turn the television off, ensuring this is a time to focus on the family.
- Say a few special things about my family at every meal.



Signed \_\_\_\_\_  
Parent/Caring Adult

### Easy Menu Suggestions

HoneyBaked can help make mealtime preparation a breeze. Get the family involved in the easy preparation of delicious meals. Here are a few ideas you and your children can use to make a great dinner:

HoneyBaked has a number of dinner packages waiting for you like the Tasty Trio, Dinner By The Slice and a BBQ Pulled Pork Dinner. All require only minimal preparation and will help bring the family together.

For a quick dinner, why not pick up a HoneyBaked Turkey Breast and one or two of our Ready-To-Serve Cold Sides.

Or try HoneyBaked Ham Slices with one of our hot sides like Potatoes Au Gratin and one of our Pies or Cakes for dessert.

Georgia PTA members can visit local HoneyBaked Ham stores for discounts on their family's next meal. Visit [www.georgiapta.org](http://www.georgiapta.org) for details.

### Here Are A Few Fun Suggestions To Encourage Mealtime Conversation

It takes more to get your children talking and participating in family mealtime than just having a regularly scheduled meal. Here are some ideas for conversation starters. You'll find you and your children have a lot to talk about.

#### Emphasize The Positive

Ask your children to describe what was the best thing that happened to them today or when they were the happiest today.

#### Pick A Theme

Designate a theme for the different days of the week. Children help in the planning. Examples: Monday night – Dad's favorites, Friday night – Picnic.

#### Learn About Each Other

Ask statements like, "If I were a bird, I'd be a \_\_\_\_," "If I could travel anywhere, I'd go to \_\_\_\_."

#### Be Thankful

Before the meal, take turns saying what you are thankful for.

#### Family Jar

Write open-ended questions and place the questions in a jar. At mealtime, have each family member take a question out of the jar and read it aloud. Example of questions could be, "What is your favorite book?" or "What is your best quality, and why?"

#### The Parent's Role

The parent should provide the mealtime setting and facilitate mealtime conversation. To encourage conversation, keep it light and keep it flowing. Give everyone a chance to be heard and get the whole family involved. And have fun – no lectures!



F.P.O.

### The HoneyBaked Turkey Breast

Delicious and easy idea for a family meal.