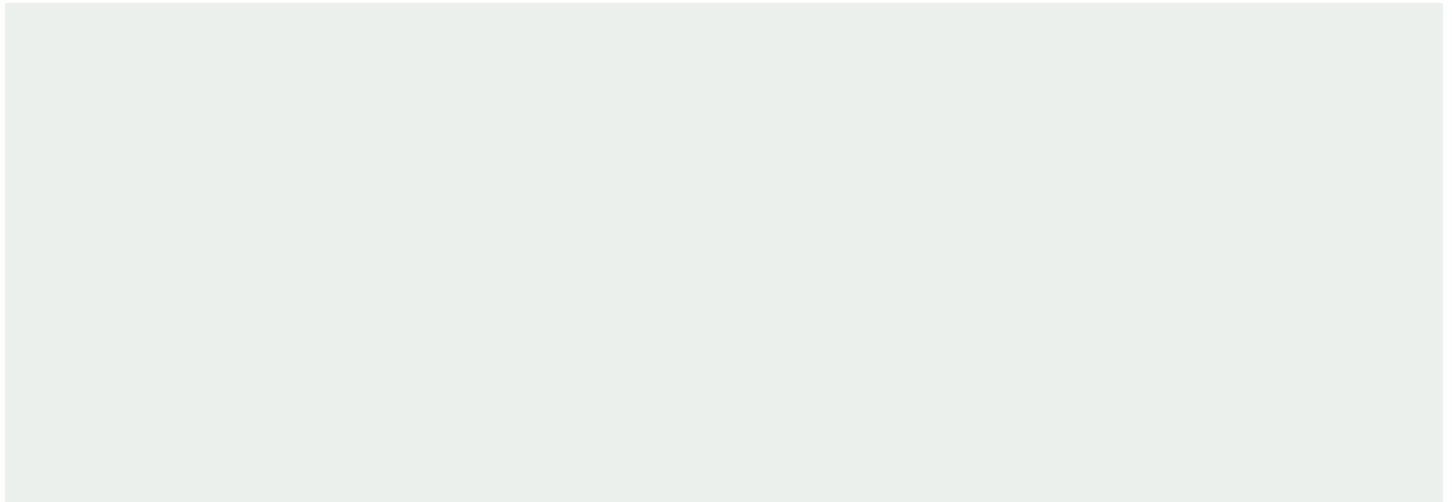


WEEK 2 ASSIGNMENT

What does an ideal mealtime look like in your family?

- Where would you be sitting?
- What would you be talking about?
- Who is at the meal?
- Do you recall a time when you had this? How did it make you feel?



Individual Goals

Choose 1-2 specific and realistic goals to work on this week that relate to the topics covered this week.

- Routine, schedule, structure, seating, eating together. length of mealtimes, distractions, shifting the focus, language at meals)

Goal 1:

Goal 2:

