

Pacific Institute of Family Education presents the Bright and Cheerful Home Series:

# The Art of Family Mealtime

FROM M... TO HAPPINESS

Thank you for sharing  
our madness and  
happiness

Nov 17, 2021  
7:30-8:30pm  
Via Zoom

Guest Speakers:  
Ida Gazzola, Author & Mother of 7  
Scholastica Au, Nurse & Mother of 3

Learn More

- <https://nutritionconnections.ca/food-and-eating-trends-in-families-with-children-in-ontario-and-canada/>
- Family Dinners, Communication, and Mental Health in Canadian Adolescents
  - Frank J. Elgar, Ph.D., Wendy Craig, Ph.D. and Stephen J. Trites, M.A September 2012 [Journal of Adolescent Health](#) 52(4)
- University of Montreal. (2017, December 14). Eating together as a family helps children feel better, physically and mentally: Long-term effects of family meals in early childhood. *ScienceDaily*. Retrieved November 14, 2021 from [www.sciencedaily.com/releases/2017/12/171214092322.htm](http://www.sciencedaily.com/releases/2017/12/171214092322.htm)
- <https://www.ellynsatterinstitute.org/>
- Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook by Ellyn Satter
- Child of Mine: Feeding with Love and Good Sense by Ellyn Satter
- Family Dinner Project: You can sign up for 4 weeks to better your family dinners <https://thefamilydinnerproject.org/>
- <http://10kids.com/2020/12/08/meal-time/>
- <https://pife.ca/kids-glued-to-screens-teach-them-the-art-of-conversation/>
- <https://pife.ca/build-good-habits-if-you-want-your-child-to-be-happy/>
- <https://pife.ca/family-rules-the-power-of-we/>
- Screenagers Blog Article: 5 Ways to Make Dinnertime More Fun <https://bit.ly/3wTn2O4>
- <https://www.leonardsax.com/parenting-in-the-age-of-awfulness/>
- <https://www.statesman.com/story/news/2016/09/04/parents-youre-not-doing-your-job-sincerely-expert-dr-leonard-sax/10084627007/>
- <https://www.timescolonist.com/life/parents-must-take-back-control-from-kids-psychologist-says-4631303>

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