28. SUBJECT: Communication 101: Buy Food

You might be scratching your head over today’s subject line. Buying food doesn’t really seem to have anything to do with good communication with our children, but it does!

Let me explain.

There’s something special—maybe even magical—about sharing a meal with someone. Think about how many times you have important conversations over a meal or how many times you’ve made memories or bonded with someone while eating together.

Here’s today’s *Tip for Modern Parents*:

**Eating together with your child can create an environment that is conducive to good communication.**

It doesn’t even have to be a full meal—take your son or daughter out for an ice cream cone and watch how conversation starts to flow. Sit on the front porch with him or her and ask about the day while sipping a soda or fruit juice.

We connect with others—including our kids—over food and drink. Let’s capture that time with our kids and use it to build a solid base of communication!

Onward to better parenting,

ADD NAME