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## DR. OZ

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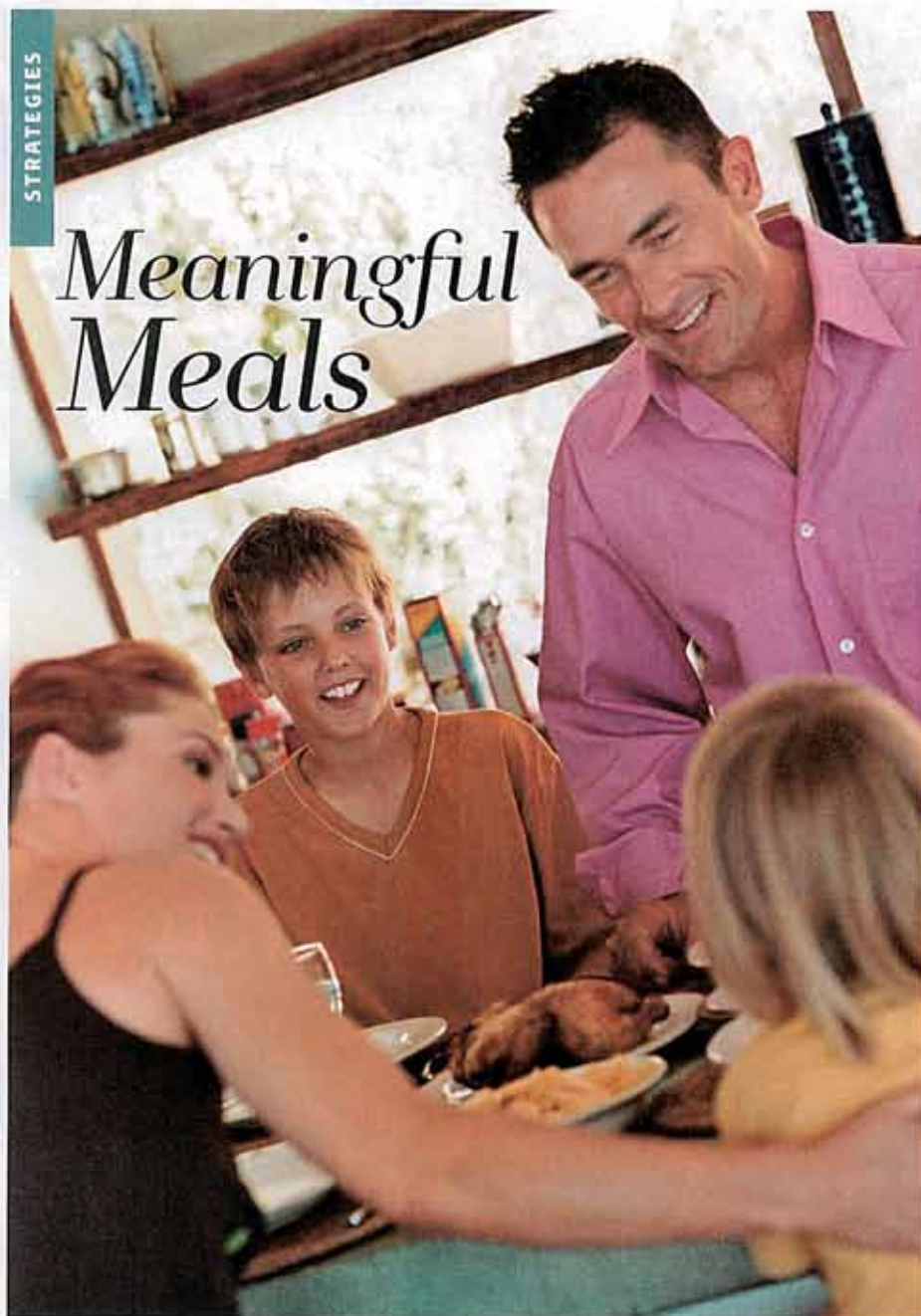
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## Meaningful Meals



Children whose families eat together regularly are happier and more focused, research shows. You can inspire delicious dinner conversation with this menu of ideas.

- **Try new questions.** Instead of “How was school today?” ask a more thought-provoking one such as “What’s your favorite room in the house?” or “If you could invite any famous person over for dinner, who would it be, and why?”
- **Hold the nagging.** Make an effort to tone down the focus on manners and the importance of eating a well-balanced diet. Keep the mood relaxed.
- **Spark a discussion.** There are a few card games that provide topic starters for diners. We like: The Pocket Ugame Families Version (*Talcor*, \$8) and Table Topics Family Edition (*Table Topics*, \$25 each).
- **Switch spots.** Eat in a different room or area from time to time—kitchen, dining room, porch. It keeps things fresh. A variety of accessories such as candles, flowers, or music can also inspire a talkative mood.

—Lynne Ticknor, M.A.

**HOT PICK**

### Kamibashi Dolls

Charming little guardians, Kamibashi string doll keychains make sweet backpack accessories. Each has a unique “mission” (written on an attached tag), meant to inspire kids. AstroNeil (*center*) encourages you to take the first step, whether big or small. Dexter (*far right*) helps you fly through homework; Kicky helps you develop new moves to achieve your goals. There are hundreds to choose from. *Kamibashi*, \$10 each.

