



**FAMILY DEVELOPMENT**  
Military Families Learning Network



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**August 21, 2018**  
**The Power of Family Mealtimes**  
**Additional Resources:**

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**Articles:**

Fiese, B.H. (2012). Family Mealtime Conversations in Context. *Journal of Nutrition Education and Behavior*, 44 (1), e1.

Fiese, B.H. (2017) Introduction to three decades of family psychology: Perspectives toward the future. *Journal of Family Psychology*, 31, 1.

Fiese, B.H., Gunderson, C., Koester, B., & Washington, L. (2011). Household Food Insecurity: Serious concerns for child development. Society for Research in Child Development Social Policy Report. Volume 25, No. 3. Retrieved from:  
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Fiese, B.H., Gunderson, C., Koester, B., & Jones, B. (2016). Family Chaos and Lack of Mealtime Planning Associated with Food Insecurity and Low Income Households, *Journal of Economics and Human Behavior*, 21, 147-155.

Fiese, B.H., Hammons, A., Grigsby-Toussaint, D. (2012). Family Mealtimes: A contextual approach to understanding childhood obesity. *Economics and Human Biology*, 10, 365-374.

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- Fiese, B.H., Rhodes, H.G., & Beardslee, W.R. (2013). Rapid changes in American family life: Consequences for child health and pediatric practice. *Pediatrics*, 132, 552-559.
- Fiese, B.H., & Schwartz, M. (2008). Reclaiming the Family Table: Mealtimes and Child Health and Wellbeing. Social Policy Report. Volume 22, Number 4. *Society for Research in Child Development*. Retrieved from: <https://files.eric.ed.gov/fulltext/ED521697.pdf>
- Fiese, B.H., Winter, M.A., & Botti, J.C. (2011). The ABC's of family mealtimes: Observational lessons for promoting healthy outcomes for children with persistent asthma. *Child Development*, 82, 133-145.
- Fiese, B.H., Winter, M.A., Wamboldt, F.S., Anbar, R.D., & Wamboldt, M.Z. (2010). Do family mealtime interactions mediate the association between asthma symptoms and separation anxiety? *Journal of Child Psychology and Psychiatry*, 51(2), 144-151.
- Hamilton, S.K., & Hamilton Wilson, J. (2009). Family mealtimes: Worth the effort? *ICAN: Infant, Child, & Adolescent Nutrition*, 1(6), 346-350.
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- Harbec, M.J., & Pagani, L.S. (2018). Associations Between Early Family meal Environment Quality and Later Well-Being in School-Age Children. *Journal of Developmental & Behavioral Pediatrics*, 39(2), 136-143.



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Kong, A., Jones, B.L., Fiese, B.H., Schiffer, L., Odoms-Young, A., Kim, Y., Bailey, L., & Fitzgibbon, M.L. (2013). Parent-child mealtime interactions in racially/ethnically diverse families with preschool-age children. *Eating Behaviors, 14*, 451-455.

Miller, D., Walfogel, J., & Han, W.J. (2012). Family Meals and Child Academic and Behavioral Outcomes. *Child Development, 83*(6), 2104-2120.

Quick, B.L., Fiese, B.H., Anderson, B., Koester, B.D., Marlin, D.W. (2011). A formative evaluation of shared family mealtime for parents of toddlers and young children. *Health Communication, 26*, 656-666.

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Sigman- Grant, M., Hayes, J., VanBrackle, A., & Fiese, B. (2015). Family resiliency: A neglected perspective in addressing obesity in young children. *Childhood Obesity, 11*, 1-10.

### **Books/ Book Chapters:**

Everhart, R.S., & Fiese, B.H. (2011). Family health maintenance. In M. Craft-Rosenberg & S.R. Pehler (Eds.), *Encyclopedia of Family Health*. New York: Sage.

Fiese, B.H. (2006). *Family routines and rituals*. Yale University Press.



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Fiese, B.H., & Hammons, A. (2013). Theories of Family Health: An integrative perspective and look towards the future. In M. Fine & F. Fincham (Eds.), *Handbook of Family Theories: A content-based approach* (pp.398-416). New York: Routledge.

Fiese, B.H., & Winter, M.A. (2009). Family dynamics of chaos and its relation to children's socio-emotional wellbeing. In Evans, G.W., & Wachs, T.D. (Eds.), *Chaos and children's development: Levels of analysis and mechanisms* (pp.49-66). Washington, D.C.: American Psychological Association Press.

Pratt, M.W., & Fiese, B.H. (Eds.). (2004). *Family stories and the life course: Across time and generations*. Routledge.

### **Links:**

The Family Dinner Project

<https://thefamilydinnerproject.org/>

Family Meals- KidsHealth from Nemours

<http://kidshealth.org/en/parents/family-meals.html>

Family Resiliency Center- University of Illinois

<http://familyresiliency.illinois.edu/>

Mealtime Minutes-Family Resiliency Center

<http://familyresiliency.illinois.edu/resources/mealtime-minutes>

Podcasts- Family Resiliency Center

<http://familyresiliency.illinois.edu/resources/podcasts>

Strong Kids Program

<http://familyresiliency.illinois.edu/research/strong-kids-program-o>



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Turning Mealtime into “Family Time” - HPRC

<https://www.hprc-online.org/articles/turning-mealtime-into-family-time>

### **Blogs/Podcasts/Webinars/Online Media:**

Amidor, T. (2012). The Importance of Family Dinner. *Food Network*. Retrieved from:

<https://www.foodnetwork.com/healthyeats/2012/01/the-importance-of-family-dinner>

Andrews, L.W. (2011). Formula for Family Meals: 2+4+12. *Psychology Today*. Retrieved

from: <https://www.psychologytoday.com/us/blog/minding-the-body/201107/formula-family-meals-2-4-12?amp>

Berchermann, K. (2015). The Benefits & Tricks to Having a Family Dinner.

*Healthychildren.org*. Retrieved from:

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Mealtime-as-Family-Time.aspx>

Best Food Facts. (2015). 18 Minutes Can Make All the Difference. Here’s Why. Retrieved

from: <https://www.bestfoodfacts.org/family-dinner-health/>

Best Food Facts. (2017). Inspiration for Family Meal Time. Retrieved from:

<https://www.bestfoodfacts.org/family-meal-inspiration/>

Buckworth, K. (2012). New Family Rule: Ditch Distractions at the Dinner Table. *Huffington*

*Post*. Retrieved from: [https://www.huffingtonpost.ca/kathy-buckworth/family-dinners\\_b\\_2063245.html](https://www.huffingtonpost.ca/kathy-buckworth/family-dinners_b_2063245.html)

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<https://www.parents.com/recipes/cooking/family-favorites/eating-dinner--family-style/>

Fishel, A. (2015). The most important thing you can do with your kids? Eat dinner with them. *The Washington Post*. Retrieved from:

[https://www.washingtonpost.com/posteverything/wp/2015/01/12/the-most-important-thing-you-can-do-with-your-kids-eat-dinner-with-them/?utm\\_term=.f13bebe8954e](https://www.washingtonpost.com/posteverything/wp/2015/01/12/the-most-important-thing-you-can-do-with-your-kids-eat-dinner-with-them/?utm_term=.f13bebe8954e)

Forrest, S. (2011). Family meals promote healthier weights, eating behaviors in children.

*Illinois News Bureau*. Retrieved from: <https://news.illinois.edu/view/6367/205299>

Klein, S. (2014). 8 Reasons to make Time for Family Dinner. *Health*. Retrieved from:

<http://www.health.com/health/gallery/0,,20339151,00.html#quit-eating-on-the-go-0>

NPR. (2008). The Family Dinner Deconstructed. *Morning Edition*. Podcast retrieved from:

<https://www.npr.org/templates/story/story.php?storyId=18753715>

NPR. (2013). Family Dinner: Treasured Tradition or Bygone Ideal? *All Things Considered*.

Podcast retrieved from:

<https://www.npr.org/sections/thesalt/2013/02/26/172897660/family-dinner-treasured-tradition-or-bygone-ideal>

Singh, M. (2014). Why Letting Kids Serve Themselves May Be Worth the Mess. *NPR's The Salt*. Retrieved from:

<https://www.npr.org/sections/thesalt/2014/01/17/263514285/why-letting-kids-serve-themselves-may-be-worth-the-mess>



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*GoodTherapy.org*. Retrieved from: <https://www.goodtherapy.org/blog/family-meals-may-have-long-term-benefits-for-children-0115181>