

Parent Homework – The Feelings You Bring to the Table

Next week we will be talking about the feelings you bring to the table. Over the next week, please pay special attention to how you are feeling during snacks and meals with your child. What are your feelings before, during and after the meal? Use the space below to write these feelings down and bring this form with you next week for group discussion.

Feelings Before	Feelings During	Feelings After

