

The Case Study Family



- Tony**
- 9-5 job
 - However, has hour commute each way
 - Not very communicative
 - Less involved in kids' lives



- Jesse**
- 12 years old
 - Overweight
 - Loves playing video games
 - Loves helping out in the kitchen



- Andrew**
- 15 years old
 - Prefers hanging out with his friends
 - Admits that would he would be lost without his phone

Uyen

- Works long hours, often 6/7 days a week
- Manages salon
- Comes home late

"This is the time I get to see them. But to them, games are more important than dinner until they are hungry."

"Family dinners are unnecessary because we live in the same house."

The Family Dinner

The Obstacles

- While they believe family and family dinners are important, but not sure how to prioritize meals
- People are hungry at different times
- Different tastes
- Mom often comes home late
- Too much time and effort to coordinate

Andrew Dinh

This is the group hat for family dinners

MMS

All emojis are banned, anyone caught using one shall be kicked in real life

MMS
8:28 PM

Andrew Dinh

Dec. 10: Jesse

MMS

Dec. 17: dad

MMS
8:34 PM

Andrew Dinh

Be on time 7:00pm on Sundays

MMS

No phones

MMS
8:36 PM

Andrew Dinh

Can't leave until everyone is finished

MMS

Help clean up

MMS

Those who choose must contribute to making their dish

M

Andrew Dinh

No lectures

MMS
8:38 PM

Andrew Dinh

Don't complain about the food

MMS
8:41 PM

The Persuasion and Motivation

- Family that eats together reaps positive benefits, both mental & physical
 - Less obese, higher self-esteem, better grades, etc
 - Important that dinners have to be positive, pleasant
- Learn developmental skills and problem solve
- Meals together create sense of family
- Reward – After so many consecutive dinners together
- Start small
- Family group chat to coordinate
- Commit! – "No excuses"

Andrew – "The best way to bond is to argue."

The Family Dinner Planning App



- Group chat for members
- Share ideas and recipes
- Rewards system
 - Meal preparation
 - Best story shared
 - Consecutive meals in a row as a family
- Calendar for planning
- Family journal of meals together

Resources

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