



# LET'S TALK 2

Conversation starters for busy families

“Let’s Talk 2” conversation starters encourage conversations. Some of the questions are serious, others are silly; some questions are for older children, others are suitable for all ages.

Just pick one or two questions and see where the conversation leads. If you’re interested in doing an activity with your family pick a white strip.

**Recommended use:**  
1-2 times per week.

Research has shown that the more often children eat dinner with their family, the less likely they are to smoke, drink, or use illegal drugs. They are also more likely to do well in school, have healthier eating habits, and have positive peer relationships.



Developed by  
Bloomington Public Health  
with



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