

# Elisabeth Röhm Explains Why Family Dinners Are Important



*Law & Order* actress Elisabeth Röhm took to her [People](#) blog this week to explain the importance of family dinners. Röhm came into contact with cookbook author Ellamarie Fortenbach and learned about the importance of eating dinner as a family. The actress and her 3-year-old daughter, Easton August, participated in the production of Fortenbach's cookbook. "Cooking together and finding a connection through mealtime has been important and a challenge for our family," said Röhm in her blog. "Cooking together and then eating that meal is truly nurturing!"

**What are some reasons it's important to eat meals as a family?**

**Cupid's Advice:**

Though it can be difficult to coordinate schedules, eating

meals as a family is still a valued tradition. Here are a few reasons why it's important:

**1. Catch up:** Mealtimes are an opportunity to share with your family the things that have been on your mind during the day. Your children can voice their worries about school and their friends while you can chip in with stories from work or around the house.

**2. Good for children:** Children who have meals with their families are statistically proven to do better in school. Bonding time at the dinner table is important for developing minds.

**3. Unity:** A family that eats together is undoubtedly stronger as a unit than one who does not. It's important to find time for your family despite your busy lives.

**Do you eat dinner as a family? What do you like about it?**  
**Feel free to leave a comment below.**