The Practice-Night Dinner Agreement

Plan the meal for both the car ride and the household at home.

One child's practice should not make the rest of the family an afterthought. Name the timing, the preparation, and the work after dinner.

01 Map the actual evening

Plan for everyone affected. Attend to individual dietary needs instead of making food depend on a performance result.

Departure time

Expected return / uncertainty

People at home and their dinner time

Returning group's dinner arrangement

02 Make the familiar dinner workable

Follow the relevant preparation and storage instructions; this sheet does not replace them.

Familiar meal and ingredients

Preparation completed before departure

Steps left for dinner time

Preparation owner / timing

The Practice-Night Dinner Agreement / Review & follow-through

03 Assign the supporting work

Include transport, equipment, and cleanup instead of leaving them to whoever notices.

Transport owner / backup

Appropriate equipment-away routine

Kitchen cleanup owner

What needs preparing for tomorrow?

04 Agree on the escape route

Choose an available backup and review one useful change after the night settles.

Backup dinner / available ingredients

Delay or change that triggers the backup

Who makes and communicates that decision?

One improvement for the next practice night