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Family Day Recognition and Support

In 2010, the President, all 50 Governors and more than 1,000 Mayors and County Executives proclaimed and supported *Family Day*. More than 200 nonprofit groups nationwide celebrated *Family Day* last year as well as 8 Major League Baseball teams. The First Spouses in 23 states served as Honorary Chairs of *Family Day*.

"Celebrating *Family Day* is important to us because it is a chance to stand in unity with families in our community who share in the challenges, struggles, and successes that come with family life. *Family Day* is also an opportunity to celebrate our commitment to our family and our values because many times it feels like we are going against the grain trying to successfully raise children when there is so much exposure to tobacco, drugs, and alcohol."

Eddie Santiago, parent, Hillsborough County Florida



We'd like to thank the Empire State Building for supporting *Family Day* by lighting up in red and blue.

To learn more about the Empire State Building, visit www.esbnyc.com.

For more information about *Family Day* – *A Day to Eat Dinner with Your Children*™, log onto www.CASAFamilyDay.org or email FamilyDay@casacolumbia.org.

The National Center on Addiction and Substance Abuse at Columbia University
633 Third Avenue, 19th Floor,
New York, NY 10017-6706
(212) 841-5200 • fax (212) 956-8020
www.casacolumbia.org

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The National Center on
Addiction and Substance Abuse
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at COLUMBIA

Family Day

A day to eat dinner with your children™

TITLE
SPONSOR



Family Day ... Dinner Makes a Difference!



Monday, September 26, 2011

PRESENTING
SPONSOR

The Coca-Cola Company

www.CASAFamilyDay.org

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Make a Date for Dinner...

Good food, great conversations and loads of laughs—that's what family dinners are made of. Whether you're cooking a gourmet

meal or ordering from your favorite take-out place, rest assured that what your kids really want at the dinner table is **YOU!** The conversations that go hand-in-hand with dinner help you learn more about your children's lives and help you better understand the challenges they face. If busy schedules are making it hard for your family to pencil in regular family meals, take a "time out" to consider all the benefits of gathering around the dinner table. Family dinners are about more than just sharing a meal.

Did you know that eating dinner frequently with your children reduces their risk of substance abuse?

Research by The National Center on Addiction and Substance Abuse (CASA)* at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. Family meals are the perfect time to talk to your kids and to listen to what's on their mind.

CASA created *Family Day – A Day to Eat Dinner with Your Children™* in 2001 as a national movement that reminds moms and dads that the parental engagement fostered during frequent family dinners is a simple, yet effective way to help keep their kids substance free.

DID YOU KNOW?
Kids who have frequent family dinners are likelier to get better grades in school.

Family Day is celebrated annually on the fourth Monday in September. Family Day will be celebrated on September 26 in 2011.

*The National Center on Addiction and Substance Abuse at Columbia University is neither affiliated with, nor sponsored by, the National Court Appointed Special Advocate Association (also known as "CASA") or any of its member organizations, or any other organizations with the name of "CASA".

What's the Harm in Skipping Family Meals?

According to CASA's report *The Importance of Family Dinners VI*, compared to children who have frequent family dinners (five or more per week), children who have infrequent family dinners (less than three per week) are:

- Twice as likely to have used tobacco
- Almost twice as likely to have used alcohol
- One and a half times likelier to have used marijuana



When is your Child most at Risk for Experimenting with Substances?

Our research finds that teens are at a greater risk of substance abuse as they move from middle school to high school. Dinner is one way to stay connected with your kids during these potentially vulnerable years.

DID YOU KNOW?

Kids who have frequent family dinners are less likely to have friends who use illicit drugs or abuse prescription drugs.



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How can you Celebrate Family Day in Your Home?

It's never too early to start the tradition of regular family dinners with your children. Make dinnertime more special by downloading a **free Family Dinner Kit** from www.CASAFamilyDay.org that includes menu cards, placemats and recipes that you can use at your dinner table. There's also a *Family Day* Pledge you can take to show your support of family dinners.

Need Help Getting the Dinner Conversations Going?

Here are some fun conversation starter questions you can use with your kids around the dinner table. For more ideas, visit www.CASAFamilyDay.org.

- If you could have any superpower, what would it be?
- What is one thing you could absolutely not live without?
- If you could live in any time period, which one would it be?
- What is your favorite thing you learned today?
- If you had to eat just one food for the rest of your life, what would it be?



Is your Family up for a Fun Challenge?

Why not go camping tonight either inside or outdoors! Take a break from your home and explore your backyard or camp out in your living room. For more ideas, check out our Family Fun Challenge at www.CASAFamilyDay.org.

DID YOU KNOW?
Kids who have frequent family dinners are likelier to say they have an excellent relationship with their parents.