

Dinner Makes a Difference!

More than a decade of research by The National Center on Addiction and Substance Abuse at Columbia University has consistently found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

**Celebrate
Family Day**
The 4th Monday of September

A day to eat dinner
with
your children™

KANSAS family PARTNERSHIP, INC.
building partnerships to cause drug-free environments

www.kansasfamily.com/GetInvolved-FamilyDay.cfm

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the less likely they are to smoke, drink or use drugs.

Family Day – A Day to Eat Dinner with Your Children™ is a national movement launched in 2001 by The National Center on Addiction and Substance Abuse at Columbia University to encourage more parent-to-child communication as a means of substance abuse prevention. It is celebrated the 4th Monday of each September.

For more information, ideas to celebrate, or recipe cards, visit Kansas Family Partnership's Web site at:

<http://www.kansasfamily.com/GetInvolved-FamilyDay.cfm>



For Family Day, & EVERY day, commit to:

- S** - Spend time with your kids by having dinner together
- T** - Talk to them about their friends, interests and the dangers of drugs and alcohol
- A** - Answer their questions and listen to what they say
- R** - Recognize that you have the power to help keep your kids substance-free!

**JOIN THE
CONVERSATION!**

Facebook Page: Family Day-A day to eat dinner with your children-Kansas

Twitter: KsFamilyPartner



**YOU
Can Become
a Family Day
STAR!**