

September 2018 Newsletter



National Family Day is on **Monday Sept 24th, 2018**
 You can participate by joining us at the **Rocky Mount Farmers Market from 4:30pm-7:30pm.**



Does Dinner Really Make a Difference?

- ❖ Family dinners will hopefully lead to better family relationships!
- ❖ Family dinners can promote child happiness- can be emotionally stronger and have better mental health!
- ❖ Family dinners can relieve adult and child stress- finding time to talk and spend time with your family can make you happier and can reduce tension and strains from work and school!
- ❖ Eating at Home can save Money!! The national Consumer Expenditure survey from the Bureau of Labor Statistics found that a family will spend on average \$8 per meal per person when eating out, compared to spending \$4.50 per meal per person at home. That is almost half of what you would pay to eat at a fast food restaurant, etc.

TALKING TIPS FOR THE DINNER TABLE:

- What was the best part of your day?
- What is something really important to you?
- What is your dream job? Why?
- What is your favorite food? Why?
- What is the most interesting thing you learned today?
- What is your idea of a perfect day?
- What is your biggest fear?
- If you could make a movie, what would it be about?
- What do you think is a fair family rule and an unfair family rule?
- Is it ever okay to tell a lie?
- What is your favorite attribute about yourself?
- Who is your best friend, why?
- What is one of your good habits? Bad habits?
- When do you feel loved the most?

What You Can Do to Help Prevent Your Child from Using Substances

- ✓ Learn how to listen and when to talk to keep communication open between you and your child.
 - ✓ If your child approaches you with a problem relating to substance abuse, learn how to remain calm during the conversation and avoid confrontation to keep communication open.
 - ✓ Educate yourself about drug related products so that you can educate your children about the harmful effects of them.
 - ✓ Know the resources for addiction/recovery and be a support system for your child.
 - ✓ Reach out to your local community resources for more info (Piedmont Community Services, etc.)
- **PARENT INVOLVEMENT IS THE MOST POTENT WEAPON IN PREVENTING SUBSTANCE ABUSE AMONG YOUTH**

Facts That Will Help Encourage Family Dinners:

- According to CASA, Columbia University's report *The Importance of Family Dinner VIII*, families who have infrequent sit down dinners (3 or less times a week), the children are **twice** as likely to try drugs (alcohol, marijuana, and/or tobacco, etc.)
- The same report also found that families who have more frequent sit down dinners together (5-7 per week) the children are more likely to get better grades in school, have a better relationship with their parents, and have better communication skills.
- Substance abuse and addiction can happen to any family regardless of race, age, or gender.
- A survey done by Matthew W. Gillman, MD found that children ages 9-14 eat more fruits and vegetables and less soda and fried foods when eating family dinners at home together. Family dinners also promote portion control which reduces the likelihood of childhood obesity.



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Information for this newsletter was provided by Piedmont Community Services, CADY Inc. (Communities for Alcohol and Drug-Free Youth), GOODNET- GATEWAY FOR DOING GOOD (goodnet.org), Partnership for Drug-Free Kids,