

# Happy Family Day

SEPTEMBER 25TH  
2023



## 1 Make Time for Your Kids

- Family Day was started by researchers at Columbia University to spread the word about the importance of regular, quality FAMILY TIME as a great way to help your kids stay drug and alcohol free, healthy, and happy.

## 2 Quality Family Time doesn't have to be Dinner Time

- Some families can't eat dinner together because of work schedules, etc. The point is some kind of REGULAR, ROUTINE, QUALITY TIME – whether that's dinner, breakfast, game night, bedtime, etc.



## 3 Show That Your Love Is Unconditional

- Spending time together regularly helps kids feel connected to their families. This feeling of connection is a “super-protective factor” that helps kids grow up healthy and happy.



## 4 Be a Good Role Model

- In parenting, it's important to be able to provide a combination of both WARMTH and STRUCTURE. Family dinner (or any other routine quality time) can be a great time to be able to provide both of those things.



## 5 Any Family Time is Good Family Time

- The more often children eat dinner with their families, the less likely they are to:
  - Smoke, drink, or use drugs
  - Report symptoms of depression, or
  - Develop an eating disorder

## 6 Make Communication a Priority

- Family time is also great for building kids' vocabulary. Kids who have regular family dinners are more likely to perform well in school.

