



Family Dinner Week is 9/27-10/1

Compared to young teens who have frequent family dinners, those who have infrequent family dinners are:

4x likelier to use tobacco

6x likelier to use marijuana

3x likelier to use alcohol

- Create a tasty scavenger hunt: Hide the ingredients to a fun and fast dessert . Follow the clues then make dessert together!
- What was your favorite book as a child? Find it at the library and read it outloud as a family after dinner.
- Use conversation starters such as: "If you could donate a million dollars to any charity, which would it be and why?"

Dinner makes a difference!

Parenting *is* prevention



Parenting for Prevention Tip #24

Kindly offered by the BAY Team,
promoting a safe and healthy Barrington
through collaboration and communication
www.thebayteam.org and on Facebook