



Promoting Parent Centered Prevention

Welcome to the September - October 2011 edition of our e-Newsletter!

Today is FAMILY DAY: A Day to Eat Dinner with your Children

More than a decade of research by The National Center on Addiction and Substance Abuse ([CASA Columbia](#)) 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.

Family Day - A Day to Eat Dinner with Your Children™ is a national movement launched by CASA Columbia in 2001 to remind parents that frequent family **Dinners Make A Difference!** While there are no silver bullets - substance abuse can strike any family regardless of ethnicity, affluence, age or gender - the parental engagement fostered at the dinner table can be a simple, effective tool to help prevent substance abuse in kids.

Family Day began as a grassroots initiative and has grown to become a nationwide celebration. In fact, in 2010 President Obama, all the Governors and more than 1,000 Mayors and County Executives proclaimed and supported *Family Day!* To learn more about how you can celebrate Family Day, visit www.casafamilyday.org.



Tip for Parents: Keep Track of the Alcohol in Your Home

IN THIS ISSUE:

- Family Day
 - Tip for Parents
 - Parents, YOU Matter
-

RECENT NEWS:

Parents Undeclared: Educated-Euipped- Empowered

The NC Parent Resource Center hosted an event for parents, featuring various workshops and community resources. Contact us to find out how we can help you host a similar event in your community.

KEEP IN TOUCH:

Phone: (252) 237-1242

Web:
ncparentresourcecenter.org



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Most teens get their alcohol from home.

If you have alcohol in your home, count it and lock it up. Other sources include retail outlets that are not diligently checking ID's. Help encourage ID checks by thanking clerks and servers who card. Don't take the law into your own hands.

Alert police if you have information regarding where and how teens are getting alcohol.

It's never too early - or too late - to prevent underage drinking.

Source: www.21reasons.org

Parents.....YOU Matter!

Parents have more influence over their child than friends, music, TV, the Internet and celebrities.

Kids who learn a lot about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not.

Help your teen stay safe and make healthy choices by:

- Talking and listening regularly
- Being directly involved in your child's everyday world
- Making it clear that you do not want him or her drinking or using drugs
- Setting limits

