

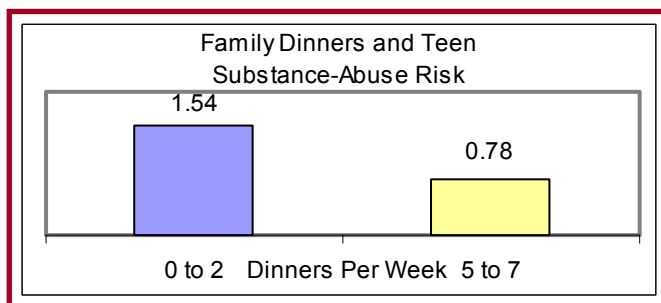


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In the Know with Family Mealtime

Teens who have frequent family dinners are less likely to smoke, drink, or use illegal drugs.¹

Eating dinner together can help keep open communication between parents and their children. This helps parents find out more about their child's likes, dislikes and daily life. Having this information can help them direct their children toward more positive behaviors.



Family meals are important memories in a child's life.



Adolescents with depression and other mental health problems practice fewer unifying family traditions, such as sharing daily meals and special events, when compared with their peers without these problems.² These researchers note that these traditions provide a time to talk about family history. Parents can also model how to handle conflict. This information is important for the development of a child's emotional growth.

References

1. Graphs and references used with permission. The National Center on Addiction and Substance Abuse at Columbia University, CASA®; The Importance of Family Dinners; September 2003. http://www.casacolumbia.org/usr_doc/family_dinners.pdf
2. Compton E et al. Doing things together: Adolescent health and family rituals. *J Epidemiol Community Health*. 2002 Feb; 56(2):89-94. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11812805&dopt=Abstract