

Join us in celebrating

Family Week— A Week to Eat Dinner with Your Children

September 26 — October 2, 2010



Did you know that sharing dinners with your kids can make them less likely to drink, smoke, or abuse drugs?



The National Center on Addiction and Substance Abuse at Columbia University has found that kids who eat dinner with their families five or more times a week are less likely to smoke, drink or abuse drugs and they are more likely to get better grades. Research also finds that family meals help kids develop good language skills and healthier eating habits.

Remember -
Dinner Makes a Difference!



Learn more about Family Week at
www.substancefreekids.ri.gov/family_week

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