



**I WON'T BE THE ONE
TO PUT MY CHILD AT RISK FOR DRUGS & ALCOHOL
DINNERS MAKE A DIFFERENCE!**



Seven Counties Services, Inc.

REGIONAL PREVENTION CENTER

502-589-8600

www.sevencounties.org

2012 CALENDAR

DINNERS MAKE A DIFFERENCE!

Fact: Children and teens that begin drinking before age 15 are four times likelier to become alcohol dependent than those who do not drink before age 21.
From CASA Columbia's Teen Tiplers: America's Underage Drinking Epidemic.



Celebrate Family Day!
 Family Day - A Day to Eat Dinner with your Children™

September 24, 2012

What's the Word? Family Dinner Edition

Can you unscramble the words below?

1. mifaly ady _____
2. hgoterte _____
3. nerdin _____
4. koco _____
5. kate tou _____
6. sanocovernti _____
7. cdrehiln _____
8. otermh _____
9. aterfh _____
10. meoh _____
11. lmae _____
12. ssedret _____

See answers at the bottom of the page.



Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org

1. Family Day • 2. Together • 3. Dinner • 4. Cook • 5. Take out
 6. Conversation • 7. Children • 8. Mother • 9. Father • 10. Home • 11. Meal • 12. Dessert



 Seven Counties Services, Inc.
REGIONAL PREVENTION CENTER
 502-589-8600
www.sevencounties.org

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Dr. Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DINNERS MAKE A DIFFERENCE!

Fact: 72% of teens surveyed think that eating dinner with their parents is important.

From CASA Columbia Report: The Importance of Family Dinners VI



 Seven Counties Services, Inc.
REGIONAL PREVENTION CENTER
502-589-8600
www.sevencounties.org

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12 Abraham Lincoln's Birthday	13	14 Valentine's Day	15	16	17	18
19	20 President's Day	21	22	23	24	25
26	27	28	29			

DINNERS MAKE A DIFFERENCE!

Fact: Teens who say that they talk to their parents about what's going on in their lives over dinner are less likely to smoke, drink and use marijuana than teens who don't have such talks with their parents . *From CASA Columbia Report: The Importance of Family Dinners VI*

Conversation Starters

Looking for a way to engage in conversations with your kids? Use these conversation starters for a fun way to get everyone talking.

- What's the best and worst thing that happened today?
- What's the greatest invention of all time?
- If you were in charge of the music for our family vacation, which songs would you pick?
- Which TV family is the most fun to watch?
- If you could have a wild animal from anywhere in the world as a pet, what animal would you choose?
- Where would you go for a dream vacation?
- If you could have any superpower, what would it be?
- What is one thing you could absolutely not live without?
- If you won the lottery, what would you do with the money?
- If you could live in any time period, which one would it be?
- What is your favorite thing you learned today?
- If you had to eat just one food for the rest of your life, what would it be?
- What is one thing you want to accomplish in your lifetime?
- What book are you reading right now? What do you like about it? What do you dislike about it?
- If you could donate \$1,000 to any charity, which charity would you select?
- If you could trade lives with anyone, who would it be?

© The National Center on Addiction and Substance Abuse at Columbia University.



March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 St. Patrick's Day
18	19	20	21 Kick Butts Day	22	23	24
25	26	27	28	29	30	31

DINNERS MAKE A DIFFERENCE!

Fact: Among teens who don't drink or use marijuana, those who have five to seven family dinners per week are more likely to cite their parents as the reason why than teens who have fewer than three family dinners per week.

From CASA Columbia Report: The Importance of Family Dinners VI



Celebrate Family Day!
Family Day - A Day to Eat Dinner with your Children™

September 24, 2012



What's the Word? Sports Edition

Can you unscramble the words below?

1. albsaelb _____
2. ccrose _____
3. alltofob _____
4. flog _____
5. kbstaelalb _____
6. ninets _____
7. yochke _____
8. lobgwin _____
9. avoeylbi _____
10. wnimsgn _____
11. gmsctynais _____

See answers at the bottom of the page.



Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org

1. Baseball • 2. Soccer • 3. Football • 4. Golf • 5. Basketball • 6. Tennis • 7. Hockey • 8. Bowling • 9. Volleyball • 10. Swimming • 11. Gymnastics



 Seven Counties Services, Inc.
REGIONAL PREVENTION CENTER
502-589-8600
www.sevencounties.org

April 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 April Fool's Day	2	3	4	5	6 Good Friday	7
8 Easter	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27	28
29	30	April is Alcohol Awareness Month				

DINNERS MAKE A DIFFERENCE!

Fact: Teens who have frequent family dinners are almost three times as likely to say they have an excellent relationship with their mother and three times likelier to say they have an excellent relationship with their father.

From CASA Columbia Report: The Importance of Family Dinners VI



May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

DINNERS MAKE A DIFFERENCE!

“ Simple daily activities such as sharing a meal, a conversation, or a book can have an enormous impact on the life of a child. Strong and engaged families help build a strong America, and it is our responsibility as concerned family members to discuss the dangers of substance abuse. ”

President Barack Obama, 2010 *Family Day* proclamation



 Seven Counties Services, Inc.
REGIONAL PREVENTION CENTER
502-589-8600
www.sevencounties.org

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21	22	23
24	25	26	27	28	29	30

DINNERS MAKE A DIFFERENCE!

Fact: The average age of first marijuana use is 14, and alcohol use can start before age 12.
 From the American Academy of Child & Adolescent Psychiatry - Facts for Families no. 3: Teens: Alcohol and Other Drugs



Celebrate **Family Day - A Day to Eat Dinner with your Children™**
 Frequent Family Dinners Make a Difference!
 September 24, 2012



The National Center on
 Addiction and Substance Abuse
 at Columbia University

Dinner Scavenger Hunt

This game requires 2 players.
 First player to find all the items and
 bring them to the table wins!



Find all these items!

- Spoon
- Fork
- Bowl
- Plate
- Salt Shaker
- Cup
- Napkin

Word Search

Find the family dinner related words in
 the word search below. The words will
 be found vertically, horizontally, and
 diagonally. Make sure you circle each
 letter separately!

```

R M I Z D P V
S R I U E Q E
A B I C S D G
L V D C S Y G
A X Q M E I I
D V X E R T E
R M E A T N S
    
```

```

S N T A T N S
E D V X E R T E
I A X Q M E I I
G L V D C S Y G
D A B I C S D G
E S R I U E Q E
V R M I Z D P V
    
```

Answers:
 SALAD
 MEAT
 VEGGIES
 RICE
 DESSERT



Word Scramble

Unscramble the words below.

1. nerdin _____
2. iymfal ady _____
3. eohm _____
4. koco _____
5. aslad _____



Answers:
 1. Dinner
 2. Family Day
 3. Dessert
 4. Home
 5. Cook
 6. Salad

Recipe - Creamy Apple Dip

Try this fun and easy recipe with your family! Children ages
 5 and up can help by using an apple corer/slicer to cut apples
 and by measuring out ingredients and mixing them together.

- Ingredients:**
- 4 cups apple slices,
 - about 4 medium apples
 - 2 tablespoons lemon juice
 - 2 cups vanilla flavored yogurt
 - 1/4 cup brown sugar
 - 1/4 cup chopped pecans, optional
 - 1/2 teaspoon ground cinnamon

Directions:

1. Place apple slices in large bowl, sprinkle with lemon juice and toss to completely coat. Set aside.
2. Combine yogurt, brown sugar, pecans and cinnamon in a small bowl, stirring until sugar dissolves.
3. Serve dip with prepared apple slices.

Yield: 10 to 12 servings



Recipe courtesy of www.commissaries.com



July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DINNERS MAKE A DIFFERENCE!

“America’s drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables – by parents and families.”

Joseph A. Califano, Jr., CASA Columbia Founder and Chairman, Former U.S. Secretary of Health, Education, and Welfare



August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DINNERS MAKE A DIFFERENCE!

Fact: The more children have dinner with their parents, the less likely they are to use drugs.

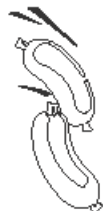
From CASA Columbia Report: The Importance of Family Dinners VI



Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 24, 2012



BE A FAMILY DAY STAR!

I pledge to be a *Family Day* STAR who:

- S- Spends time with my kids by having dinner together
- T- Talks to them about their friends, interests and the dangers of drugs and alcohol
- A- Answers their questions and listens to what they say
- R- Recognizes that I have the power to help keep my kids substance-free

Please mail the attached sign up form to:

Family Day
The National Center on Addiction and Substance Abuse at Columbia University
633 Third Avenue, 19th Floor
New York, NY 10017



Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org



Seven Counties Services, Inc.

REGIONAL PREVENTION CENTER

502-589-8600

www.sevencounties.org

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 Family Day	25	26	27	28	29

DINNERS MAKE A DIFFERENCE!

Fact: Parents who use illegal drugs, abuse alcohol and use tobacco put half the nation's children – more than 35 million of them – at greater risk of substance abuse and of physical and mental illnesses.

From CASA Columbia's Family Matters: Substance Abuse and the American Family.



Celebrate Family Day!
Family Day - A Day to Eat Dinner with your Children™

September 24, 2012

What's the Word? School Edition

Can you unscramble the words below?

1. comsrolas _____
2. ksobo _____
3. rchetea _____
4. cekolr _____
5. censeic _____
6. plirpcina _____
7. woemokrh _____
8. plenci _____
9. ylbirar _____
10. oonbokte _____
11. fcatreael _____
12. ksde _____

See answers at the bottom of the page.

Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org

1. Classroom • 2. Books • 3. Teacher • 4. Locker • 5. Student • 6. Pencil • 7. Homework • 8. Pencil • 9. Library • 10. Notebook • 11. Calendar • 12. Desk



October 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	<i>R E D R I B B O N W E E K</i>					
28	29	30	31			
			Halloween			
	October is Talk About Prescriptions Month					

DINNERS MAKE A DIFFERENCE!

Fact: A child who reaches age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so.

From CASA Columbia Report Family Matters: Substance Abuse and the American Family



November 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
N a t i o n a l D r u g F a c t s W e e k						
4	5	6 Election Day	7	8	9	10
11	12 Veterans Day	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

DINNERS MAKE A DIFFERENCE!

Fact: Teens whose families frequently eat dinner together not only spend more time at the table together, they spend more time together in general.

From CASA Columbia Report: The Importance of Family Dinners VII



December 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December is National Drunk And Drugged Driving Prevention Month						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

DINNERS MAKE A DIFFERENCE!

Fact: 79% of parents surveyed agree that by having dinner together they learn more about what's going on in their teens' lives.

From CASA Columbia Report: The Importance of Family Dinners VI

When talking to your kids about drugs and alcohol:

- Acknowledge that marijuana, alcohol and tobacco are substances that are out there and that many people use them. Explain that nicotine and prescription drugs are also "abuse-able" and should be treated the same as alcohol and illegal drugs.
- Start talking with your kids at an early age and take time to explain things to your child in basic terms that are easily understandable. Make your child comfortable talking to you about "difficult" topics such as drugs, alcohol and smoking.
- Listen carefully to your child. Educate yourself so you can answer his or her questions. As children get older, their questions get more difficult, so you need to be prepared.
- Peer pressure may play a pivotal role in a child's decision to use drugs, drink or smoke. However, encourage your child to be their own person and make their own decisions.
- Tell your child the truth—that drugs, alcohol and tobacco may make them feel good for a while (by activating brain chemicals). Unfortunately, that feeling is brief and no one can know the true potency or lifetime effects of these substances.
- Try to impress on your child the long-term consequences drinking, smoking or using drugs may have on something they enjoy doing, such as sports, math or writing.
- Point out that adolescents are in a period of life during which they need their brains to operate at full efficiency. These substances can impair brain function.
- Make the point that repeated "chemical activation" will eventually cause people to crave that chemical and want to keep using it even if it hurts them.
- Explain that these substances may dull a painful part of their lives for a brief period, but it will never change or help the underlying situation.
- Write a family "contract" established to make your opinions on drug use, drinking and smoking clear. Be consistent with family rules.
- Be a model of healthy behavior for your child.

Adapted from "*Just Say Know: Talking With Your Kids About Drugs And Alcohol*" - Cynthia Kuhn



Seven Counties Services, Inc.

REGIONAL PREVENTION CENTER

502-589-8600

www.sevencounties.org










DINNERS MAKE A DIFFERENCE!



Celebrate **Family Day - A Day to Eat Dinner with your Children™**
 Frequent Family Dinners Make a Difference!
 September 24, 2012



The National Center on
 Addiction and Substance Abuse at
 Columbia University

<p>Bowling Night Go out to a bowling alley and enjoy a night of fun or create your own bowling alley with plastic bottles and a small ball.</p> 	<p>Sing Your Heart Out: Karaoke Don't have your own karaoke machine? Turn up the radio and sing along!</p> 	<p>Go Camping... Inside or Outside Take a break from your home and explore your backyard or camp out in your living room.</p>	<p>WILD CARD: Choose a Country on the Map and Celebrate Their Culture Hang up a world map and use push pins to mark the countries your family has "visited".</p>	<p>Have Breakfast for Dinner Make your family's favorite breakfast dish for dinner.</p> 
<p>Busy Day? Check out ways to make your family dinners easier by visiting Stouffer's site www.letsfixdinner.com.</p>	<p>Have a Picnic... Inside or Outside Enjoy a candlelit dinner outside or place a blanket on the floor inside and keep flashlights handy.</p>	<p>Create Videos Make creative videos like "A day in the life of dad..."; "Mom cooks in the kitchen..." or "Just a walk in the park..."; and present them to each other.</p>	<p>Community Service Write letters to soldiers, volunteer at a soup kitchen or sign up to do a walk-a-thon for a cause of your choice.</p> 	<p>Child Chefs Kids cook tonight and give mom and dad a break.</p>
<p>Movie Night Watch movies at home or go out to a local movie theater. Don't forget the popcorn and Coca-Cola.</p>	<p>Create an Art Project Create a house made of popsicle sticks, re-create a famous work of art or create masks.</p>	<p>Game on Cheer on your favorite team, attend a local sporting event or put on a game of your own.</p> 	<p>International Food Night African Asian European Indian Middle Eastern Spanish</p> <p>Enjoy great meals and music from various regions of the world.</p>	<p>WILD CARD: Choose any Square.</p> 
<p>Let's Dance Get moving at home or enjoy a lesson at a local dance studio.</p> 	<p>Dessert Night Make creative desserts after dinner such as: ice cream floats or ice cream "Mondays" instead of Sundaes.</p>	<p>What's on Your Mind? Talk about pressing issues in the media or situations going on in your community.</p>	<p>Family Sleep Over Get in your pajamas, share stories and enjoy yummy snacks.</p>	<p>Restaurant Night Parents, take a break and let children decide on a place to go out for dinner.</p>
<p>Family Appreciations What is your family thankful for today? Make "appreciation" cards for loved ones.</p>	<p>Music Night Listen to your favorite musicians or attend a local concert.</p> 	<p>Make Your Own Pizza Night Make unique pizzas using bagels and see which family member can come up with the most creative toppings.</p>	<p>Scavenger Hunt: This game requires at least 2 players. First player to bring all the items listed back to the table wins! Find all these items:</p> <ul style="list-style-type: none"> • Fork • Spoon • Bowl • Plate • Napkin • Cup 	<p>WILD CARD: Choose any game to play. Play card games, board games or word puzzles.</p>

4 Easy Steps to the Family Fun Challenge

Step One: Choose a bowl. Whether your family chooses a top hat, a fishbowl or a family heirloom, make it an eye-catching piece located in a visible area of your home.

Step Two: Use the perforated lines of your Family Fun Challenge Board to cut out the 25 separate tasks.


Step Three: Toss it all up! Select a member of your family to randomly choose a square. You can start from youngest to oldest or tallest to smallest.

Step Four: Now that you have picked this evening's challenge here comes the fun part- performing it! Don't forget to put the square back. You might enjoy it so much you'll want to do it again!



Family Day – A Day to Eat Dinner with Your Children™ was created in 2001 by The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia). CASA Columbia's *The Importance of Family Dinners VI* study showed that children who have dinner with their families at least 3 times per week are less likely to use alcohol, tobacco, and other drugs.

This calendar was made possible in part by a grant from the Communicare Regional Prevention Center Kentucky Faith-Based Prevention Enhancement Site



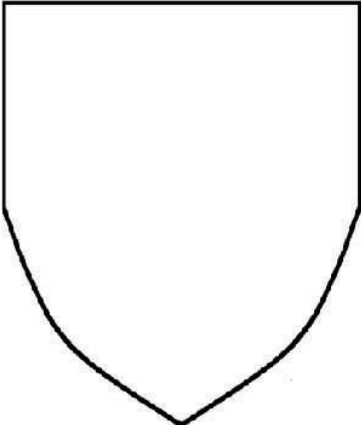
The National Center on
Addiction and Substance Abuse
at Columbia University

Family Day *Celebrate Family Day!*
A day to eat dinner with your children
Family Day - A Day to Eat Dinner with your Children™

www.CASAFamilyDay.org

September 26, 2011

FAMILY COAT OF ARMS



A Coat of Arms has long been a symbol of a family's identity and values. Make your own personal family crest based on the values and principles important to you.

- 1) Ask everyone to brainstorm ideas about what each section of the shield will represent. Choose abstract ideas that are important to your family—such as truth, loyalty, love, and patience.
- 2) Choose the top 4 or 5 values and the colors to represent them.
- 3) Draw a small illustration in each section that symbolizes the values you chose. Write the name of the value under the drawing and add color.
- 4) Print out and hang on your fridge, put on your door, or make into a wearable badge!

Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org

Calendar Fact Sources: The National Center on Addiction and Substance Abuse at Columbia University's reports: Family Matters: Substance Abuse and the American Family, National Survey of American Attitudes on Substance Abuse XI: Teens and Parents, Teen Tippers: America's Underage Drinking Epidemic, The Commercial Value of Underage Drinking and Adult Abusive and Dependent Drinking to the Alcohol Industry, Under the Counter: The Diversion and Abuse of Controlled Prescription Drugs in the U.S., Wasting the Best and the Brightest: Substance Abuse at America's Colleges and Universities and "You've Got Drugs!" IV: Prescription Drug Pushers on the Internet, The Importance of Family Dinners V and VI, and the following books: Women Under the Influence and High Society: How Substance Abuse Ravages America and What to Do About It.