












Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
				<p>It's Groundhog Day, will he see his shadow? Either way, get outdoors and enjoy the weather – whatever it may be!</p> 		
5	6	7	8	9	10	11
<p>Try a new winter activity before the season's over! Skiing, sledding, ice skating...</p> 						
12	13	14	15	16	17	18
		<p>Happy Valentine's Day! Help your kids make cards for relatives and friends.</p> 			<p>What's for dinner tonight? Check out our Family Day Chef's page for ideas www.CASAFamilyDay.org</p> 	
19	20	21	22	23	24	25
	<p>It's President's Day! Have your kids pick their favorite US President and learn something new about them together.</p> 					
26	27	28	29	NOTES		
				<p>FAST FACT OF THE MONTH More than forty percent of America's teens – some 10 million – can buy marijuana within a day and 20 percent—some 5 million—can get it in an hour or less. REMEMBER, DINNER MAKES A DIFFERENCE!</p>		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FAST FACT OF THE MONTH Kids brains aren't fully developed until age 25 so the chance of addiction is greater at a younger age. DINNER MAKES A DIFFERENCE!				1	2	3
					Dinner Tip: At the end of each week, take turns sharing your week's accomplishments around the dinner table.	
4	5	6	7	8	9	10
11	12	13  Daylight Savings Time Begins	14	15	16	17  Happy St. Patrick's Day! Go green with an Irish-themed meal.
18	19	20  Today's the First Day of Spring! Go on a nature walk to celebrate.	21	22	23	24
25	26	27	28	29 Add a note into your child's lunch today and see what they say at dinner! 	30	31





Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5  It's Cinco De Mayo. Make a Mexican-themed dinner tonight!
6	7	8	9 At dinner, ask your kids : What's one thing you like most about yourself? 	10	11	12
13  Happy Mother's Day!	14	15	16	17	18	19
20	21	22	23	24 Get silly after dinner tonight with a game of charades! 	25	26
27	28 Memorial Day 	29	30	31	NOTES FAST FACT OF THE MONTH Half of college students binge drink and/or use other drugs and almost a quarter meet medical criteria for addiction. REMEMBER, DINNER MAKES A DIFFERENCE!	






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FAST FACT OF THE MONTH More than five million high school students, almost a third, admit binge drinking at least once a month. REMEMBER, DINNER MAKES A DIFFERENCE!					1 Make it a Dinner And A Movie Night! For recipe ideas, check out our Recipe Book at www.CASAFamilyDay.org	2 
3	4	5 Today is World Environment Day. Talk to your kids about doing their part to keep the planet clean. 	6	7	8	9
10	11	12	13	14	15	16  Who's your hero? Ask your kids who their hero is and tell them who you admired when you were a kid.
17 Happy Father's Day! 	18	19	20  The first day of summer is finally here! It's the longest day of the year so take advantage of it!	21	22	23
24	25	26	27	28	29	30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Happy Independence Day! Do your kids know how this country was founded? 	5	6	7
8	9	10	11	12	13	14  Take the kids out for ice cream, just because!
15	16 After dinner, write a story with your kids. Start with the first sentence, then take turns. To get started, check out our Family Fairy Tales: www.CASAFamilyDay.org 	17	18	19	20	21
22	23	24	25	26	27  Find a local orchard and pick some fresh fruit!	28
29  Fun Sunday activity: Painting your own pottery!	30	31	NOTES FAST FACT OF THE MONTH Children and teens who begin using any addictive substance before age 15 are six and a half times likelier to be addicted than those who wait until age 21 or older. REMEMBER, DINNER MAKES A DIFFERENCE!			

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			1  After dinner, take out the old photographs and take a walk down memory lane.	2	3	4
5  It's Friendship Day! Help your kids show their appreciation to their closest friends.	6	7	8	9	10 This weekend, why not catch a play at your community theater? 	11
12	13	14	15	16	17	18
19	20	21	22	23 Have your kids checked out our Word Games yet? Find them in our Dinner Kit: www.CASAFamilyDay.org 	24	25
26	27	28  How long has it been since you've had a banana split? Make one tonight!	29	30	31	FAST FACT OF THE MONTH Each day more than 13,000 children and teens take their first drink. REMEMBER, DINNER MAKES A DIFFERENCE!

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						1 Have you taken our STAR Pledge yet? There's still time before Family Day!  www.CASAFamilyDay.org
2	3  Labor Day	4	5 	6	7	8
9	10	11	12 Keep the conversation flowing at dinner! Check out our conversation starters at www.CASAFamilyDay.org	13	14	15
16	17	18	19	20	21	22  First Day of Autumn. Make a colorful collage from leaves once they start to turn.
23	24 IT'S FAMILY DAY! REMEMBER, DINNER MAKES A DIFFERENCE!	25	26	27	28	29
30	NOTES FAST FACT OF THE MONTH Kids are particularly vulnerable to substance use during transitions from elementary to middle school, middle to high school, and from high school to college. REMEMBER, DINNER MAKES A DIFFERENCE!					

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	1	2	3	4 Tonight at dinner, remind your child of something they've taught you. 	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16	17	18	19 (Sweet) treat yourself this weekend! Bake a batch of cookies and let the kids decorate them. 	20
21  Go bowling! Winner gets to pick the dinner spot afterwards.	22	23	24	25	26	27
28	29	30	31  Happy Halloween!	NOTES FAST FACT OF THE MONTH Teens who have infrequent family dinners are more than twice as likely to say that they expect to try drugs in the future. REMEMBER, DINNER MAKES A DIFFERENCE!		

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3  Have you checked out our Family Fun Challenge yet? www.CASAFamilyDay.org
4  Daylight Savings Time Ends	5	6 Election Day! Take your kids to the booths with you and explain the voting process to them. 	7	8	9	10
11  Veteran's Day	12	13	14	15	16	17
18	19	20	21	22  Happy Thanksgiving!	23	24
25	26	27 Thanksgiving isn't the only day to be thankful: go around the table and have everyone say 1 thing they are thankful for.	28	29	30	FAST FACT OF THE MONTH Teens who have infrequent family dinners are more than twice as likely to say that they expect to try drugs in the future. REMEMBER, DINNER MAKES A DIFFERENCE!

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						1
2  Hanukkah begins today!	3	4	5	6	7 Hot chocolate + marshmallows + whipped cream = perfect Friday night treat 	8
9	10	11	12 The holidays and good deeds go hand-in-hand. To get started, check out our Good Deed Flower: www.CASAFamilyDay.org	13	14	15
16	17	18	19	20	21	22  First Day of Winter
23	24	25  Merry Christmas!	26	27	28	29
30	31  Happy New Year's Eve!	NOTES				
<p>FAST FACT OF THE MONTH On average, teenagers who use alcohol, tobacco and marijuana begin using them between 12 and 14 years of age, with some of the highest risk kids starting to use even earlier. REMEMBER, DINNER MAKES A DIFFERENCE!</p>						