

Check out our Family Day Survey to let us know how you spent Family Day!
<http://www.kansasfamily.com/survey.cfm?survey=FamilyDay2008>



Family meals are the
perfect time to talk to your
kids and to listen to what's
on their mind.



I commit to:
S - Spend time with my kids by having dinner together
T - Talk to them about their friends, interests and the dangers of
drugs and alcohol
A - Answer their questions and listen to what they say
R - Recognize that I have the power to help keep my kids substance-
free!

Become a Family Day STAR!

Family Day – A Day to Eat Dinner with Your
Children™ – A national initiative to remind parents that
what your kids really want at the dinner table is YOU!



Family Day is a national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free.

Family Day reminds parents that **Dinner Makes A Difference!**

Call us or see our web site for more information about steps you can take to prevent youth from abusing substances. Toll free at (800) 206-7231 or via the web at <http://www.kansasfamily.com/GetInvolved-FamilyDay.cfm>