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C4P News

Focus on Family Traditions

Favorite Family Traditions

- Watching Macy's Thanksgiving Day Parade while preparing Thanksgiving dinner.
- Eating Pancakes or waffles and fruit every Saturday morning.
- Watching football with my family on Fall Saturdays and holidays.
- Singing Christmas carols on Christmas-Eve.
- Reading "Twas the Night Before Christmas" on Christmas-Eve.
- Watching Christmas Movies (e.g. Christmas Vacation, White Christmas, How the Grinch Stole Christmas, etc.) as a family.
- Grandparents give the grandchildren pajamas on Christmas-Eve.
- Playing board games and putting puzzles together as a family.
- Going around the table at Thanksgiving to say what we are thankful for.



Research Update! Family Mealtime

- According to research by The National Center on Addiction and Substance Abuse at Columbia University:
 - 60% of teenagers eat dinner with their families at least 5 times per week.
 - 72% of teenagers believe that having family dinners is important.
 - Out of those teens who eat with their parents less frequently, 60% report they want to have more frequent family dinners. Common reasons why these families do not eat together are being too busy and working late shifts.
- Teenagers who eat with their parents more than 5 times a week compared to teens who eat with their parents less than 3 times a week:
 - Tend to talk with their parents about what is happening in their lives.
 - Do not drink as many soft drinks
 - Eat breakfast more often
 - Eat more Fruit
 - Believe they can make correct decisions about eating healthy foods at home and in social settings



- Worry less about their bodyweight
- Are less likely to be overweight
- Show less depressive symptoms
- Have higher grades
- Are less likely to use tobacco, alcohol, and marijuana
- Have less access to drugs

The National Center on Addiction and Substance Abuse at Columbia University. (September 2010). *The importance of family dinners VI*. New York, NY: Author.
Woodruff, S. J., Hanning, R. M. (2008). Associations between family dinner frequency and specific food behaviors among grade six, seven, and eight students from Ontario and Nova Scotia. *Journal of Adolescent Health*, 44, 431-436.
Fulkerson, J. A., Kubik, M.Y., Story, M., Lytle, L., Arcan, C. (2009). Are there nutritional and other benefits associated with family meals among at-risk youth? *Journal of Adolescent Health*, 45, 389-395.

C4P Trivia Question

Who proclaimed Thanksgiving Day as a national holiday?

- A. Washington
- B. Lincoln
- C. Jackson
- D. Jefferson

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift!

Featured Resources

Family Day: A day to eat dinner with your children is a national initiative to inform parents about the benefits of frequent family dinners. <http://casafamilyday.org/familyday/>

Family-mealtimes.org is a great resource to give parents ideas about recipes, nutrition information and other ways of interacting with their children. <http://www.family-mealtimes.org/>

Family Guide: Keeping Youth Mentally Healthy & Drug Free provides information to parents about the importance of family mealtime and gives ideas to get children talking at the dinner table. <http://family.samhsa.gov/get/mealtimes.aspx>

Meals Matter gives researched based information on the advantages of family mealtime and also has ideas about simple recipes. <http://www.mealsmatter.org/EatingForHealth/Topics/Healthy-Living-Articles/Family-Meals.aspx>

FACS: Family Traditions is a curriculum by the Utah Education Network to teach students the importance of family traditions. <http://www.uen.org/Lessonplan/preview.cgi?LPid=599>

Tell Us What You Think

What do you want to see in future C4Pnews emails?

Please send your response to:
center4parenting@utk.edu

Also email us if you have a personal success story, or an organization, program, or book that you would like to have featured in an upcoming Center for Parenting newsletter. We would love to hear from you!

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