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.


C4P Trivia Question

Who proclaimed Thanksgiv- ing Day as a national holi- day?
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 mealtimes 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

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