



## Parenting for Prevention Family Dinners

The more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

- Pick several nights during the week when the entire family can eat together.
- Encourage your children to create menu ideas and participate in meal preparation.
- Turn off the TV and phone.
- Talk about what happened in everyone's day: school, work, and activities.
- Establish a routine to start and end each meal. Start the pattern of family dinners when children are young.
- Keep conversations positive and make sure everyone gets a chance to speak.

## Parenting *is* prevention

# 1

Parenting for Prevention Tip # 1

Brought to you by the Lincoln Prevention Coalition

