

Strengthening Family Day Speech to Be Made During Dinner

Good Evening. Thank you for coming to 1 of the many Strengthening Families Dinners in Palm Beach County happening this month.

I wonder - How many times did you eat dinner with your family this week? Once? 3 times? More?

Well, over the past 15 years, research has demonstrated what parents have known for years, sharing a meal is good for the spirit, the brain and the health of all of the family members. Regular family dinners (4 or more) are linked to higher grade point averages and self-esteem and lower rates of drug abuse, depression and teen pregnancy. They are one of the most potent tools to help parents raise healthy, drug-free children. Simply put: frequent family dinners make a BIG difference.

Since Palm Beach County Substance Awareness Coalition's mission is to create a drug free Palm Beach County, they decided helping our community grow healthy, strong families was a good reason to bring the Strengthening Family Day to Palm Beach County. This movement encourages family members to connect with each other during the family dinner.

On the table, they provided us some family fun activities and questions to help us get to know each other better. Use them and have fun. They are yours to keep and take home to use at your dinner table or in the car on the way to school or practices.

Now that you know the great benefits of sharing regular family meals, we ask three simple things from you.

1. Please work with your family and decide how many meals you will try to share weekly. Then on the commitment cards on your table, please write in that number and your information. Turn it to (the host.) This will let us send you more fun facts one time a month and see how you're doing with your goal.
2. Make sure you take home your family packet with goodies and ideas for more ways to connect with your kids.
3. Ask your friends how many times they eat with their kids and tell them how important sharing meals with your kids can be for their future.

Remember: Parental engagement is a simple tool to help us grow healthy and strong kids.