Family Day

Parent Toolkit

Conversation Starters, Facts, Family Fun Ideas and more!
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10 Facets Of Parental Engagement

1. Be there: Get involved in your children’s lives and activities.
2. Open the lines of communication and keep them wide open.
3. Set a good example: Actions are more persuasive than words.
4. Set rules and enforce them with consequences if your children fail to follow them.
5. Monitor your children’s whereabouts.
6. Maintain family rituals such as eating dinner together.
7. Incorporate religious and spiritual practices into family life.
8. Get Dad engaged—and keep him engaged.
9. Engage the larger community.
10. Get to know your kid’s friends and their parents.

From How to Raise a Drug-Free Kid: The Straight Dope for Parents
9 Fun Things To Do As A Family

1. Try writing a tune together that could be your family’s theme song.
2. Discuss your child’s goals and create a vision board with photos corresponding to each one. Hang it on your fridge or put it in your child’s room for inspiration.
3. Go to your local park and play a game of basketball or touch football. The winners get to pick the next family activity!
4. Spend an afternoon taking pictures of your favorite places. You can make your own visual map of your neighborhood when you’re done.
5. Decorate flower pots and plant your favorite flowers in them or create an indoor vegetable garden.
6. Take out some sidewalk chalk and play a game of hopscotch or have a drawing contest.
7. Play dress up using old costumes and clothes. See who can come up with the most creative outfit.
8. Play a game of charades and see which family member can get the most right. Let the winner pick out a dessert to have after dinner tonight!
9. Pretend you’re in a comedy club and let each family get up and tell their favorite jokes.
8 Ways To Connect With Your Kids

1. Ask questions about their hobbies or interests on a regular basis, and help them discover new interests.
2. Make the most of the time you spend together during car rides by chatting about the high points of their day or playing a game of eye spy.
3. Share memories of your childhood, and talk with your kids about how you overcame particular obstacles in your life.
4. Invite your children to get involved when you’re cooking, decorating the house, or shopping at the grocery store.
5. Help them with a project or attend one of their sports games or music recitals.
6. Do a family activity at least once a week that allows each family member to get involved and have fun.
7. Use more positive words when communicating with your children.
8. Let your kids know that being unique or different is ok. Remind them that their personality makes them special and interesting.
7 Ways To Show Your Kids You Care

1. Send a text to your kids just to say “hi” or to tell them that you can’t wait to spend time together.

2. Ask for their opinion and listen to what they have to say.

3. Help your kids study for a test and let them know how smart you think they are.

4. Encourage your kids to come to you when they’re facing a problem. Give them advice, but also provide them with the space they need to learn and grow on their own.

5. Use humor to cheer them up when they’re feeling down.

6. Celebrate daily accomplishments. Share a special treat or make their favorite meals to celebrate losing a tooth, making the soccer team, or getting an A on a science paper.

7. Say, “I love you,” every day to your children and not just on special occasions. Let them know that every day is Family Day and that you’re always there for them!
6 Things To Remember When Talking To Your Kids About Drugs

1. Understand that addiction is a disease of the brain that in almost all cases starts when your kids smoke, drink or use other drugs in adolescence when the brain is still developing.

2. Start talking with your kids at an early age and take time to explain things to your child in basic terms that are easily understandable. Make your child comfortable talking to you about “difficult” topics such as tobacco, alcohol and other drugs.

3. Listen carefully to your child. Educate yourself so you can answer his or her questions. As children get older, their questions get more difficult, so you need to be prepared.

4. Peer pressure may play a pivotal role in a child’s decision to use drugs. However, encourage your child to be their own person and make their own decisions.

5. Explain that these substances may dull a painful part of their lives for a brief period, but it will never change or help the underlying situation.

6. Write a family “contract” established to make your opinions on all types of drug use clear. Be consistent with family rules.

Adapted from "Just Say Know: Talking With Your Kids About Drugs And Alcohol" - Cynthia Kuhn
5 Facts About Substance Use

1. 46% of all high school students currently use addictive substances, and 12% meet the clinical criteria for addiction.

2. Children and teens who begin using any addictive substance before age 15 are six and a half times likelier to be addicted than those who wait until age 21 or older.

3. More than five million high school students, almost a third, admit binge drinking at least once a month.

4. Each day more than 13,000 children and teens take their first drink.

5. More than forty percent of America’s teens — some 10 million — can buy marijuana within a day and 20 percent — some 5 million — can get it in an hour or less.

For sources and more facts visit our Tools You Can Use page at www.CASAFamilyDay.org
4 Ways To Connect To Family Day Online

**Family Day Website**
www.CASAFamilyDay.org

**Family Day Facebook Page**
www.facebook.com/CASAFamilyDay

**Family Day Twitter Page**
www.twitter.com/#!/CASAFamilyDay

**Family Day Blog**
www.CASAFamilyDay.org/blog
3 Facts About Adolescents And Addiction

Adolescence is the critical time when kids are at risk of experimenting with drugs, alcohol and tobacco. In fact:

1. Nine out of 10 Americans who meet the medical criteria for addiction started smoking, drinking, or using other drugs before age 18.
2. Addiction is a disease that in most cases begins in adolescence.
3. Preventing or delaying teens from using alcohol, tobacco or other drugs for as long as possible is crucial to their health and safety.

Source: The National Center on Addiction and Substance Abuse’s report: Adolescent Substance Use: America’s #1 Public Health Problem.
2 Sets of Conversation Starters

For Elementary School Aged Kids

Who is your best friend?

What is your least favorite subject at school? Why?

What is your favorite holiday?

What do you want to be when you grow up?

What games do you like to play during recess?

Which restaurant has the best kids’ meal toys right now?

Who is your favorite superhero?

What is your favorite show on TV right now?

If you could be a character from a fairy tale who would you be?

What is the funniest joke you’ve ever heard?

If you could adopt an animal from the zoo which one would you pick?

Who is your favorite teacher?

What do you like the most about our family?

For Middle-High School Aged Kids

What is your favorite book?

What kind of music do you like to listen to?

What is your favorite sport to play?

How would you describe your perfect day?

If you could change one thing in the world what would it be?

What activities do you like to do for fun?

What is the luckiest thing that has ever happened to you?

Who in your community has the biggest impact on your life right now?

Would you rather time travel into the future or into the past?

How would you describe our family using only one word?

What is your favorite amusement park ride?

What snack would you not be able to live without?

What qualities do you look for in a friend?
1 Family Day STAR Pledge

I pledge to:

S- Spend time with my kids
T- Talk to them about their friends, interests and the dangers of nicotine, alcohol, and other drugs
A- Answer their questions and listens to what they say
R- Recognize that I have the power to help keep my kids substance-free

Hang this on your fridge as a reminder to be a Family Day STAR!