

WHY ARE FAMILY MEALS IMPORTANT?



Engaged community.
Healthy youth.
Bright futures.

89% of West Vancouver adults agree that sitting down for dinner with their family on a regular basis is important.

1. Communication



Dinnertime is a time to slow down from the hustle-bustle of everyday life. Taking the time to listen to the joys and concerns of your family is important. Increasing positive communication will help strengthen your family's bonds.

Three questions to ask daily:

- What was your favorite part of the day?
- What was something that was hard about today?
- What are you grateful for today?

Additional questions:

- If you could have a superpower, what would it be and why?
- What do you love about yourself?
- What new tool or app do you think needs to be invented?
- What's the best thing that has ever happened to you?
- **Parents:** Name three jobs you wanted as a kid
- **Kids:** Name three jobs you're interested in



2. Increase in school success

Mealtime conversations play a critical role in language comprehension leading to improved vocabularies and better readers/grades.

Ways to make mealtime together most impactful:

- Turn off the TV. It prohibits meaningful conversation
- Use dinnertime to tell your child why they are a great kid
- Focus on the positives during dinners

Remember, family dinners are less about the food served and more about the time spent together. Divide tasks, so that one person is not responsible for preparing food, serving, and washing dishes. The chores and joys of feeding, nurturing and cleaning up is something that can be shared.



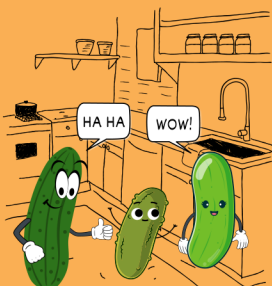
3. Build Self-Esteem



Dinner is a perfect opportunity to build self-esteem in children. By listening to what children have to say, you are saying, "I value what you do; I respect who you are and what you're doing; what you do is important to me." It is important that youth feel that they are able to talk to family about their feelings.

WE'LL DILL WITH IT TOGETHER

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RESOURCES

Free Food Resources

Clark County has many open sites to access free food. Visit: <https://www.clarkcountyfoodbank.org/foodfinder> to see the map with sites near you. On the map, select your Zip Code, the Day of the Week you are available and Food Site Type (Food Pantry, Hot Meal Site or School Pantry). Click on the pin for more information, including hours and address.



Prevention Resources

For Youth

www.youcanwa.org
www.youthnow.me/youth-teens/
www.outofthepicture.org

For Parents

www.youthnow.me
www.starttalkingnow.org
www.samhsa.gov/talk-they-hear-you

Parent and Family Workshops

West Van for Youth hosts FREE parent and family workshops throughout the year that help strengthen family bonds and positive parenting skills.

Reach out to westvanforyouthcoalition@gmail.com for more information.

Clark County Teen Talk – The Clark County Teen Talk offers non-judgmental peer-to-peer support by phone, online chat, message board or email Monday-Thursday: 4-9pm & Friday: 4-7pm.

- Call 360.397.2428 (CHAT)
- Text 360.984.0936
- Email ccteentalk1@hotmail.com
- Direct message @PeppyPenerson on Facebook, Instagram, or Twitter

Family Community Resource Centers (FCRC)

The goal of FCRC is to help all children succeed, and they do that by removing barriers and connecting families with available community resources. Help can come in many forms: anything from student homework help and school supplies to health services and dental care, clothing, food, emergency housing, job assistance and more.

Contact your children's school for more information or visit <https://vansd.org/fcrc/#team>

Mental Health Services & Mental Health Treatment

Catholic Community Services: (360) 567-2211 or (800) 388-6378

Community Services Northwest: (360) 558-5795

Children's Center: (360) 699-2244

Columbia River Mental Health Services: (360) 993-3000

Family Solutions: (360) 695-1014

Helping Professionals Wellness Center: (360) 687-0693

Lifeline Connections: (360) 397-8246

National Alliance on Mental Illness (NAMI): (800) 950-NAMI (6264)

Sea Mar Behavioral Health: (360) 558-5795

Western Psychological: (360) 906-1190

Offers Family & Individual Counseling

In Emergency or Crisis

Clark County Crisis Services: 1-800-626-8137

OR 1-866-835-2755 (Hard of hearing line)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Youth Crisis Hotline: 1-800-442-HOPE (4673)

YWCA Clark County Safe Choice Domestic Violence Hotline: 1-800-695-0167

West Van for Youth is a coalition in Vancouver, Washington that is focused on reducing alcohol and marijuana use among youth in west Vancouver.

Our mission:

West Van for Youth builds community in order to promote healthy choices and reduce youth substance use so our young people can grow into resilient and healthy adults.



@WestVanForYouth

www.westvanforyouth.org