



Engage well in school

Have improved family communications

Are more likely to be emotionally content

Are more likely to say no to drugs, alcohol and tobacco

Report a good relationship with their parents

FAMILIES WHO EAT FREQUENT MEALS TOGETHER



HAVE CHILDREN WHO...

Have stronger family ties

Are less likely to have eating disorders

Are less likely to have sex at young ages

Have a greater sense of identity and belonging

Have improved vocabulary and reading skills

MAKE EVERY DAY FAMILY DAY BEGINNING ON MONDAY, SEPT 28

CASAFAMILYDAY.ORG | EVERYDAYISFAMILYDAY.ORG | FACEBOOK.COM/FAMILY DAY

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