

Quality Time Counts Workshop

Family Day Event
McAuliffe Middle School
September 19, 2022
6 pm to 7:30 pm

Presented By:
Sherryl Ramos, Health Educator
Alcohol & Drug Education & Prevention Team
Mental Health & Recovery Services



Welcome and Introductions

HELLO! I'm...

Sherryl Ramos. I am married, have one teenage son, and a Golden Retriever dog named Penny.

I like to travel, cook (when I have the time) and spending time with my family. One thing we like to do together as a family is go to the park and play ball with Penny.





Family Day

September 26, 2022

National Family Day is celebrated every
4th Monday in September

<https://nationaltoday.com/national-family-day/>

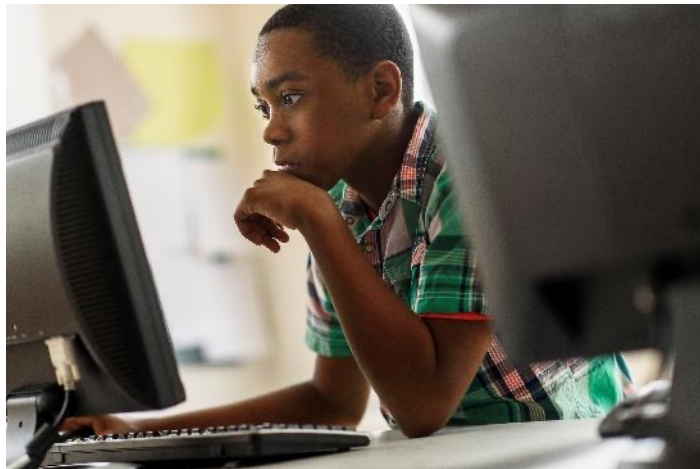


This workshop was developed by the Search Institute based on its Framework of Developmental Relationships. For more information on *Keep Connected* visit www.searchinstitute.org

Connecting with Your Family

Parental Engagement . . .

Is one of the most effective ways to help children improve their self-esteem, get better grades in school, and keep them substance free!



Parental Engagement

- The time you spend together has a long-lasting effect on your kids.
- Engaging with your kids can be simple and incorporated into your daily activities.



Overcoming the Challenges

- Work, long hours
- Lengthy commute
- School
- Technology
- Social activities



The background features a light gray base with various abstract shapes in shades of teal and yellow. Stylized foliage, including leaves and branches, is scattered around the edges. A white rectangular frame is centered on the slide, containing the main text. Black L-shaped corner lines are positioned at the top-left and bottom-right corners of the white frame.

I'm a Busy Parent. How Can I be More Engaged?

Simple Tips That are Meaningful . . .



- Read to your child
- Play games like a board game
- Do a puzzle together
- Take a walk with them
- Get to know your child's teacher
- Find out what's going on in school

Simple Tips . . .

- Talk as a family about everyday happenings
- Take advantage of time in the car
- Play video games together that they enjoy
- Cook or bake together
- Deliberately set aside time to talk



Have Fun Together!

Do things that are enjoyable for the whole family:

- Watch or play sports together
- Watch movies
- Volunteer
- Go on a trip locally
- Eat together; try a new recipe or restaurant



Why are Family Dinners Important?

What the Research Says

The Center for Addiction and Substance Abuse at Columbia University says that teenagers who DON'T eat dinner frequently with their family are:

- Twice as likely to use tobacco
- Almost twice as likely to use alcohol
- More likely to use marijuana

What the Research Says

The same is true with grades in school:

- Teenagers who have 5-7 family dinners per week are more likely to get **A**s and **B**s in school.
- Teenagers who have fewer than 3 family dinners per week are twice as likely to report receiving **C**s and lower grades in school.

Family Meals Protect Against:

- Alcohol and other drug use
- Depression and anxiety
- Eating disorders
- Bad grades
- Getting in trouble



Family Meals:

- Increases self- esteem
- Youth feel more connected
- Less likely to seek attention/connection elsewhere

Social Media and Self-Esteem

The use of social media by children continues to increase.

Positive things:

- Feel less isolation
- Able to connect with others
- Reach a wide audience

Negative things:

- Youth face unrealistic standards
- The pressure to look perfect
- Affects their mental health-increased anxiety or depression

Dangers of Fentanyl

Prescription Fentanyl

- Manufactured by pharmaceutical companies
- Prescribed by a doctor, filled by a pharmacy
- Powerful pain reliever for end-of-life illnesses

Illegal Fentanyl

- Manufactured by criminal organizations
- Sold on social media
- 100 times stronger than heroin

**Don't buy medication from
social media or friends!**

Tips for Connecting During Family Meals:

- Have a no cell phone or device rule
- Turn off the television
- Leave the “serious talk, or discipline” for a separate time
- Set a designated time that everyone needs to be at the dinner table



Five Keys to Parent-Child Relationships

Five Keys:

1. Express Care
2. Challenge Growth
3. Provide Support
4. Share Power
5. Expand Possibilities



Actions that **Express Care**:

- Be dependable
- Listen
- Believe in them
- Be warm: Show you enjoy being with them
- Encourage: Praise their efforts and achievements

Express Care

Actions that **Challenge Growth**:

- Expect their best
- Stretch: Push them to go further
- Hold them accountable
- Reflect on failures

Challenge Growth

Actions that **Provide Support**:

- Offer information and practical help to solve a problem
- Show them how to ask for help
- Shift levels of support

Provide Support

More ways to Provide Support:

- When teaching a skill, demonstrate it by breaking it into smaller steps
- When they're not getting the help they need, find people who can help

Actions That **Share Power**:

- Respect them: Take them seriously and treat fairly
- Include them: Involve them in decisions
- Collaborate: Work with them to solve problems and reach goals
- Let them lead: Create opportunities

Share Power



Actions that **Expand Possibilities:**

- Inspire
- Broaden horizons
- Connect: Introduce them to people who can help them grow

Expand Possibilities

Take home the Conversation & Commitment

Next steps:

- Talk about the five keys with your family
- Complete handout #7: What will I do this week





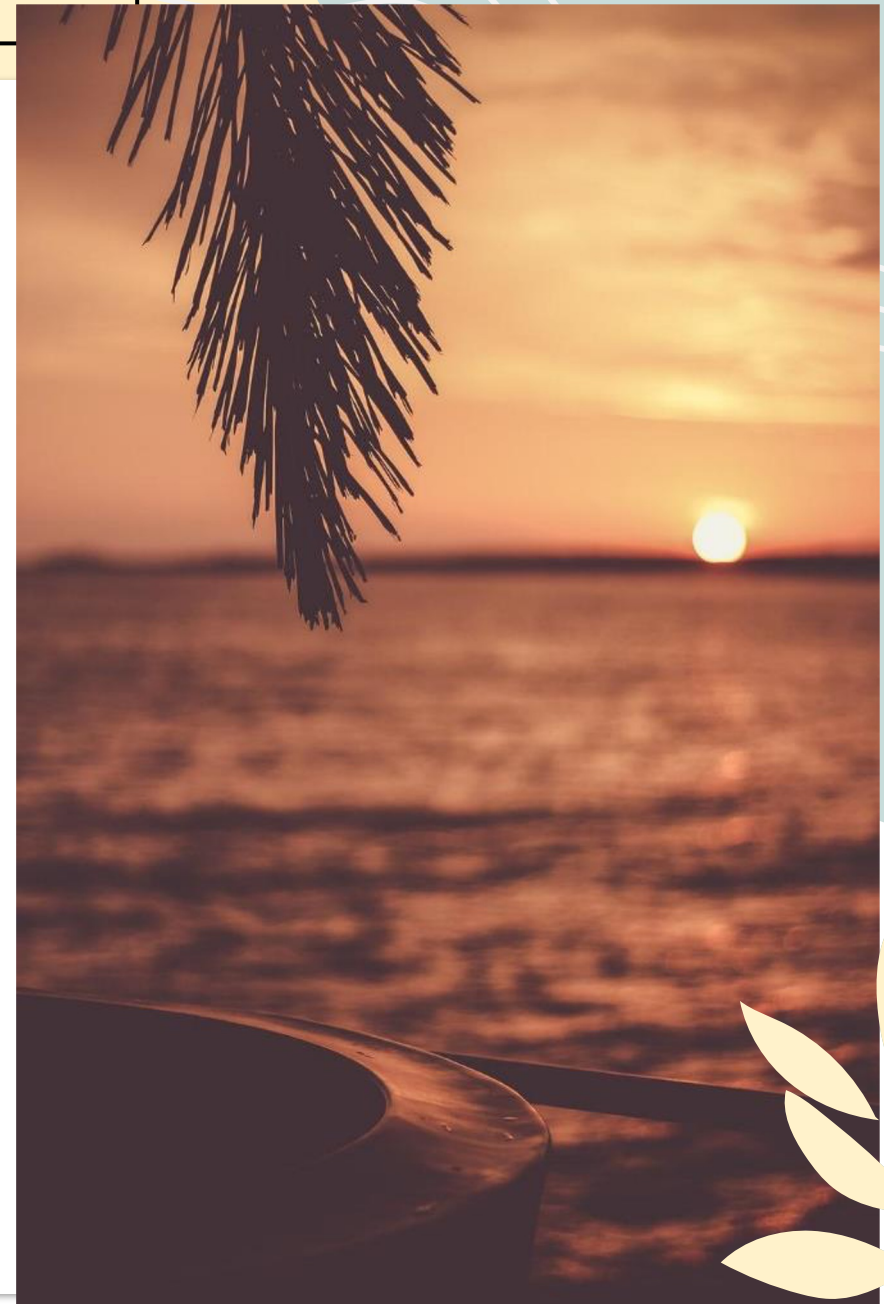
Questions?



Survey

Summary

- There are simple and meaningful activities to stay connected with your child
- The five keys are important to a parent-child relationship
- Parental engagement is important in your child's life



Thank you!

