



# Gather Everyone Together

A Family Engagement E-Letter from the ADAMHS Board Prevention Project

ISSUE 1: GET COOKING

As people across the planet take extra precautions to protect their physical health, it's important to remember our mental and emotional health as well. Many of us now have children underfoot for more hours each day than we're used to, but rather than spend all of our time plugged into screens, we can use this opportunity to get more connected to our families. Research shows that doing so can help us cope with stress, engage in healthier behaviors, and enhance self-esteem<sup>1</sup>. We hope the information and activities in this e-letter will help you build stronger relationships so when this is all over, we come out of it better than when we went in. In this issue we focus on spending time in one of the most popular rooms in our homes: the kitchen. So gather everyone together and **GET Cooking!**

1: Sourced on 031920 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954612/>

## Share Meals Together as a Family

A simple way to increase your child's well-being is to establish regular mealtimes when the family eats together (minus the digital devices). Children who participate in family dinners experience greater self-esteem, have higher resilience (an ability to bounce back from life's setbacks) and a lower risk of depression. When they eat together night after night, young people experience stronger high-quality relationships with their parents. This is especially crucial as kids reach adolescence. Parental engagement has long been shown to be the greatest influence on whether teens will choose to use substances such as alcohol, tobacco and other drugs in high school. Find out more: <https://www.activekids.com/parenting-and-family/articles/why-families-should-eat-dinner-together>



Image by LaterJay Photography from Pixabay



Image by Maggie Morrill from Pixabay

## Work Together as a Team

Feelings of inclusion, acceptance, and accomplishment are important for emotional health. What better way to experience all three than to gather everyone together to prepare an evening meal. Make sure each family member has a task to be responsible for, compassionately teach and guide the process and graciously accept the effort involved - whatever the outcome. Use this time as a way to learn and laugh together, and you'll make positive memories during this unique time in history. By making it a fun experience, your children will be more likely to join you a second time. One source for recipe ideas: <https://www.sheknows.com/parenting/articles/1048349/meals-you-can-cook-as-a-family/>

## Find Solutions Together

C L S P C B L N L N U K S H R  
G U B T O O E U O I S X E O E  
T N T W N D L O N I O I L T F  
R R L T L E P A H C F M B M R  
E W E O I S I W N L H T A I I  
N Q G S E N M D O D E F T T G  
N K H L S E G U E M E M E T E  
I I B G A E R B P R Y R G S R  
D A Y S U E D E O U G B E J A  
T O U R N O R P A A F N V N T  
V R Z E W A D J X H R G I S O  
E A L U T A P S M G U D M T R  
H Y F U T E E H S E I K O O C  
N B R E A K F A S T T N E V O  
R E C I P E S U G A R O Y E C

- APRON
- BOWL
- BREAKFAST
- COLANDER
- COOKIESHEET
- CUTTINGBOARD
- DESSERT
- DINNER
- DOUGH
- FLOUR
- FRUIT
- GOLDEN
- HOTMITTS
- INGREDIENTS
- LUNCH
- MEASURE
- MIX
- OIL
- OVEN
- RECIPE
- REFRIGERATOR
- SPATULA
- STOVE
- SUGAR
- TABLESPOON
- TEMPERATURE
- VEGETABLES
- WHISK

## Recipe for a Happy Family

- ♥ Combine a family of loving hearts
- ♥ Melt together
- ♥ Add a lot of love
- ♥ Mix well with respect and trust
- ♥ Add gentleness, laughter, faith, hope, and joy
- ♥ Pour in much understanding (Don't forget patience)
- ♥ Sprinkle with kisses and a dash of hugs
- ♥ Bake for a lifetime

<http://saveathomemom.tripod.com/saveathomemomrecipes/d2.html>

Turn a typical wordsearch puzzle into family fun by taking turns finding words from the list. Or, make it competitive by picking one word at a time and seeing who can find it the fastest! Once you've completed this puzzle, create your own at: <http://puzzlemaker.discoveryeducation.com/>