



News from the County of Cumberland

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COMMISSIONERS APPROVE FAMILY DAY PROCLAMATION

Cumberland County, ME:

At their bi-weekly meeting, the Cumberland County Commissioners approved the fourth Monday of every September as "Family Day – a day to eat dinner with your children".

By signing the proclamation, the Commissioners stated that:

- "Mealtime has historically served as an opportunity for families to gather and stay connected
- Parental influence is known to be one of the most crucial factors in shaping thoughts, values and character of our youth,
- The use of illegal drugs and the abuse of prescription drugs, alcohol and nicotine constitute grave threats to the well-being of America's children,
- 13 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner and engage in activities with their families, the less likely they are to smoke, drink and use illegal drugs;
- Parents who are engaged in their children's lives – through such activities as frequent family dinners – are less likely to have children who abuse substances;
- Urge all citizens to observe this day by sitting down to a family dinner and engaging in activities that strengthen the bonds between parents and children."

The Commissioners urge all families to spend time having dinner with their children as frequently as possible, and enjoy the time spent with them.

For more information contact Commissioners Clenott, Shaughnessy or Feeney at 871-8380.