

# OCTOBER NEWSLETTER



## UPCOMING EVENTS

**Happy Apple Farm**  
Pumpkin Patch  
1190 1st St, Penrose, CO  
9-11am snack will be provided.

**Fall Festival**  
October 28, 2021  
5-7pm  
ABBEY FIELD HOUSE  
3011 US-50, Cañon  
City, CO 81212

## MEAL TIME

**IT SEEMS PARENTS ARE ALWAYS BUSY RUNNING KIDS AROUND, GETTING LAUNDRY KEPT UP, HELPING WITH HOMEWORK, SNEAKING SOME PLAYTIME AND TRYING TO FIND SOMETHING TO MAKE FOR DINNER. PARENTS EXHAUSTED FROM WORK KIDS EXHAUSTED FROM SCHOOL EQUALS A DISASTER FOR EVEN THINKING ABOUT COOKING DINNER. EVEN THOUGH COOKING DINNER SOMETIMES SEEMS LIKE A CHORE IT CAN DEFINITELY HAVE A BIG IMPACT ON YOUR FAMILY.**

**FAMILY DINNERS ARE A HEALTHY HABIT WE DO NOT WANT TO BREAK. DINNER IS A TIME WHEN KIDS AND PARENTS CAN DISCUSS THEIR DAY SHARE THEIR "WINS" AND TALK ABOUT EXPERIENCES OF THEIR DAY IN A SAFE LOVING ENVIRONMENT. CARLETON KENDRICK, A FAMILY THERAPIST IN MILLIS, MASS. SAYS IT BEST, "REGULAR FAMILY MEALS ARE PROBABLY THE BEST PSYCHOLOGICAL 'DAILY VITAMIN' PARENTS CAN GIVE THEIR CHILDREN". STUDIES HAVE SHOWN HOW HAVING REGULAR FAMILY MEALS BOOSTS SELF-ESTEEM, INCREASES GRADE POINT AVERAGES, LOWERS RISKS OF TEEN PREGNANCY AND BUILDS STRONG HEALTHY FAMILY RELATIONSHIPS.**

**DINNERS DO NOT HAVE TO BE DIFFICULT OR EXTREMELY TIME CONSUMING—RESOURCES LIKE PINTEREST AND ALLRECIPES.COM OFFER QUICK INEXPENSIVE DINNERS IDEAS. IT IS ALSO A LOT OF FUN TO CREATE NON PICKY EATERS. PICKING SEASONAL FOODS ARE ALWAYS A GREAT WAY TO EXPERIENCE SOMETHING NEW AT A LOW COST. PARENTS HAVE TO BE GOOD SPORTS AND ROLE MODEL TRYING NEW FOODS TOO! HAVING A CHILD THAT LIKES A VARIETY OF FOOD WILL MAKE ALL THE OTHER MEALTIMES LESS STRESSFUL. BEING INTENTIONAL OF YOUR FAMILY DURING DINNER BY TURNING OFF PHONES TELEVISIONS AND OTHER DISTRACTIONS CAN HELP MAKE A BIG DIFFERENCE IN YOUR FAMILY STRUCTURE.**

**FUN FACT: OUR CLASSROOMS ALSO PRACTICE FAMILY STYLE MEALTIMES, TEACHERS ARE ENCOURAGED TO SIT WITH CHILDREN AND ENJOY MEALS TOGETHER!**

**RESOURCES: [HTTP://WWW.PARENTING.COM/BLOGS/SHOW-AND-TELL/WHY-FAMILY-MEALS-ARE-SO-IMPORTANT](http://www.parenting.com/blogs/show-and-tell/why-family-meals-are-so-important)**