



# Have a Relaxing Summer!!!

*Evaluations were distributed to all K-5 families in the six Ridgewood elementary schools. We received 183 completed evaluations for Ready, Set, Relax! 2006.*

**91% took part, 94% enjoyed it, and 95% hope to have an RSR Family Night every year.**

**70% say we have been successful in raising awareness about the impact of overscheduling on kids and families, 26% were not sure, and 4% say we have not.**

**38% say they have made changes in their lives as a result of the Ready, Set, Relax! Initiative.**

## Here's What Ridgewood Families Had to Say...

“Can we have it once a month? How about later in the spring when sports are really nuts?”

“The town is part of the problem – as so much emphasis is put on doing your best, doing more, so many continual sports choices, sports at such a young age, etc. It is why a lot of us love this town and also are frustrated by it!”

“Our family really appreciates and enjoys an evening with no homework and practices and playdates – even our 2 year old feels the difference when her brothers are relaxed and available to play with her!”

“It's an opportunity to stop and take a breath!”

“We don't need to have or do it all to have “success” in life. My wish for our overconsuming – overscheduling – over-doing lifestyles is to step back and realize the impact this has on our children and ourselves.”

“It is pathetic and upsetting that a town has to dictate to families to slow down. A sad “sign of the times”.

“My son was really upset because he couldn't join the rest of the family in the card game we were playing. It would be great if teachers wouldn't schedule tests for the day after Family Night.”

“It felt like a gift to have no obligations in the midst of a very hectic month. Even our extra family day per year needs to be treasured.”

“Many families find it rather ridiculous that some “arbitrary” day is chosen to be Family Night when family holidays are completely ignored. It would be much appreciated if the “homework over holidays” issue would be considered.”

“We LOVE it. One of our favorite nights of the year!”

## SAVE THE DATE!

**Ridgewood Family Night 6 • Ready, Set, Relax! • MARCH 26, 2007**



For more information on Ready, Set, Relax!, call Family Counseling Service\* at **201-445-7015**.

\*A Division of Children's Aid and Family Services



## **Ten Benefits of Frequent Family Dinners**

The more often children and teens eat dinner with their families, the less likely they are to smoke, drink and use drugs. Children and teens who have frequent family dinners:

- ♥ are at half the risk for substance abuse compared to teens who dine with their families infrequently
- ♥ are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs
- ♥ have lower levels of tension and stress at home
- ♥ are more likely to say that their parents are proud of them
- ♥ are likelier to say they can confide in their parents
- ♥ are likelier to get better grades in school
- ♥ are more likely to be emotionally content and have positive peer relationships
- ♥ have healthier eating habits
- ♥ are at lower risk for thoughts of suicide
- ♥ are less likely to try marijuana or have friends who use marijuana

Based on research from The National Center on Addiction and Substance Abuse at Columbia University.

