



**CENTRE COUNTY PREVENTION COALITION**  
A SAMHSA Supported Drug-Free Community Coalition  
Led By Centre County Drug and Alcohol



**September 30, 2009 – Day for Kids Honors Children**

Dawn Taylor is the Community Mobilizer for Care Partnership Centre Region *Communities That Care*. This weekly column, published on Wednesdays, is a collaboration of Centre County *Communities That Care* serving Bald Eagle, Bellefonte, Penns Valley, and Philipsburg-Osceola Area School Districts, and Care Partnership: Centre Region *Communities That Care*® serving the State College Area School District.

Communities That Care, the Downtown Improvement District, and over 30 other organizations are teaming up again this year to offer Centre County Day for Kids, an annual family event highlighting the value of meaningful time between caring adults and children. On Saturday, October 3, hundreds of parents and kids from throughout the area will participate in activities from 10:00AM to 3:00PM at Sidney Friedman Park (formerly known as Central Parklet) in State College. Since 2001, the National Day for Kids campaign has drawn attention to the importance of fostering stronger relationships between adults and children.

Studies show that when families spend positive, meaningful time together, children are more likely to develop a positive self-image, as well as a sense of purpose, usefulness, and meaning. A strong family life creates a sense of belonging for kids which reminds them every day of just how much they are loved and valued.

According to the A.C. Nielsen Co., today's youth spend 900 hours per year in a classroom and 1,500 hours per year watching television. No wonder then that 40 to 60 percent of parents feel they spend too little time with their children. Kids, themselves, say that while they are happy with the amount of time their parents spend with them, they wish the time together was less rushed and more focused on shared activities.

Kids today face a daunting array of challenges with serious consequences at home, at school, and in the community. A strong family foundation helps young people who are faced with decisions about drug and alcohol use and other risky behaviors. Participating in Kids Day is one small way of celebrating children and bringing fun into family relationships while strengthening family bonds.

This year's Kids Day event will be held in conjunction with the Downtown State College Fall Festival. Along with a chili cook-off, dessert contest, and other Fall Fest activities taking place on the 200 block of Allen Street, children and families will find opportunities for family fun. Choose a free pumpkin to decorate together. Experience the enchantment of riding an old-fashioned carousel. Shake hands with McGruff the Crime Dog. Cheer your kids on as they scale an inflatable rock wall. Enjoy a hay ride, pony rides, crafts, face-painting, food, magicians, and more with the children who mean the most to you.

Children spell love T-I-M-E. Spending meaningful time with the kids who are important to us-- whether our children, grandchildren, nieces, nephews, students, or young friends--builds a strong emotional foundation for children that will last a lifetime.

Take time to make lasting memories with a child who is special in your life. Take the Day for Kids Pledge and remember it throughout the year.

We pledge to spend meaningful time together, to talk, to listen, to learn and play, to share a moment, create a memory and make a kid's day.

Care Partnership: Centre Region *Communities That Care*  
*Serving State College Area School District*

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