



Blog: Fathers Teaching Sons How Great Men are Humble

Findings: The Family Dinner is Critical to a Happy Youth

“All great change in America begins at the dinner table.”
– Ronald Reagan, 40th President of the United States

Magnanimous Humility: Rescuing Greatness from Pride



Can a father teach his son to pursue greatness humbly? [Alexandre Havard](#), an expert on magnanimity and formerly a professor of law at the Sorbonne, [insists](#) magnanimity is humble. Otherwise magnanimity (the pursuit of great things) festers into pride and self-centeredness. [Continue Reading Here...](#)

Family dinners have major adolescent mental health implications, but certain family structures and employment arrangements make them much more or much less likely.



A large [Midwestern 2012 study of adolescents](#) (aged 11 to 15 years) examined the association between the frequency of family dinners and positive vs negative dimensions of adolescent mental health. Bottom line: regular and frequent family dinners foster the sorts of social exchanges that benefit all adolescents. Not surprisingly, the more frequent family dinners were the less internalizing and externalizing problems were present and the greater the emotional well-being, prosocial behavior, and life satisfaction of adolescents. Again not surprisingly, these latter good results are significantly linked to ease of communication between adolescents and parents.

Family Dinners Mediate the Relationship between Cyberbullying and Adolescent Mental Health



A [2014 cross-sectional, observational study](#) using data on 18,834 students (aged 12 to 18 years) who participated in the 2012 Dane County [Wisconsin] Youth Assessment examined the unique association between cyberbullying victimization and 11 adolescent mental health problems, as well as the moderating role of family contact in these associations. Bottom line: the more family interaction (measured by family meals) the less likely is the experience of cyberbully and the less impact if experienced.

Family Structure and Employment Very Significantly Influence the Odds of Having Family Dinners



A [2017 study](#) using data from the 2006 to 2008 American Time Use Survey (ATUS) examined the odds of having a family dinner by parent's sex, family structure, and parental employment. Single fathers spent were the least likely (42% lower likelihood than married fathers) to have family dinners. Married stay-at-home mothers were the most likely to partake of family meals. Other combinations fell in between these two. For instance, women have 37% lower odds of having a family dinner in households when both parents are employed.

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