

The Dinner Table



Project

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September 2015

A program for families to eat together, have fun and grow closer through conversation.



Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, you will be introduced to several of these building blocks, along with tips for each asset. Go to our website at thedinnertableproject.com to see the full list.

Family Support

It is important that the family always provides love and support for each child's unique personality.

TIP:

Find one great thing your child has done each day, even on a bad day, and let them know about it! Tell them that they did a great job picking out their outfit, putting their dish in the dishwasher...anything! It will encourage them to keep up the good work and make them feel good about themselves.

TIP:

Have a set homework time. Whether it be right after school, dinner, or practice. Have a designated spot to do homework like at the kitchen table or at the coffee table. Make sure you're available to help if they have questions. Look over their work and praise them on their hard work!

TIP:

Let your child pick out their own outfit. Or let them choose from a couple of different options that you have laid out for them. This will fuel your child's creativity and they will feel empowered that you trust them to make their own decisions

Positive Family Communication

It is also important that the family communicates openly, respectfully, and often and that the child receives praise for her or his efforts and accomplishments.

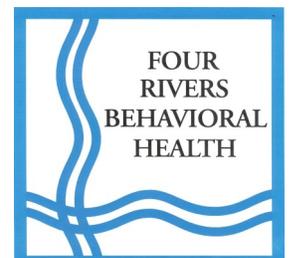
Parent Involvement in Schooling

Parent(s) needs to talk about the importance of education and be actively involved in the child's school success.



For questions, please contact:

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CONVERSATION STARTERS:

- ⇒ What stresses you out the most? How do you deal with it?
- ⇒ What do you need in life to be a truly happy person?
- ⇒ What is your favorite subject to learn about in school?
- ⇒ What are some reasons why teachers want their students to avoid smoking and using drugs?
- ⇒ Do you feel motivated to do well in school? If not, what would help you feel more motivated?

It is never too early to start talking to your kids about drugs and alcohol!

TABLE GAMES:

Two Truths & A Tale

Go around the table and take turns sharing two events that really happened that day and one that did not. Who can guess which one is false? Bonus: you will more than likely find out something about their day that they haven't told you!

High-Lo

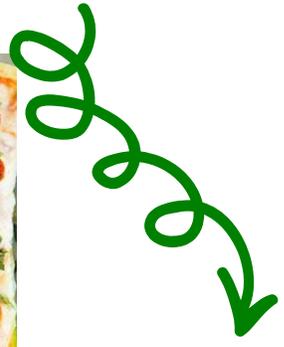
Go around the table and have each person say at least one "high" (a good thing that happened to them that day) and one "low" (a not-so-good thing that happened to them that day).

RECIPE:

Zucchini Pizza Boats

- What you'll need:
- 6 small zucchini
 - 1 Tbsp olive oil
 - 1 cup marinara sauce
 - 1 1/2 cups shredded mozzarella cheese
 - 1/3 cup parmesan cheese
 - 1/2 cup mini pepperoni slices
 - Salt and pepper to taste

How to:
 Preheat oven to 400 degrees.
 Cut each zucchini into halves through the length (if they don't lie flat, trim a thin portion from bottoms so that they will lie mostly flat). Pat insides dry with paper towels (cut portion). Align on prepared baking sheet. Brush olive oil lightly over tops of zucchini. Sprinkle with salt and pepper to taste then brush 1 Tbsp marinara sauce over each zucchini, leaving a small rim near edges uncoated. Sprinkle tops evenly with mozzarella cheese then with parmesan cheese. Top with pepperoni slices (placing them more near centers as the cheese will melt and spread). Bake in preheated oven 12 - 18 minutes (bake time will vary depending on how thick your zucchini are and how crisp/tender you want them).



Original recipe and photo found on: <http://www.cookingclassy.com/2014/06/zucchini-pizza-boats/>

CELEBRATE!

CASAColumbia Family Day!

Monday, September 28th, 2015

Family Day is a national movement, launched in 2001, to celebrate parental engagement as an effective tool to help keep America's kids substance free.

Learn more at: casafamilyday.org/familyday

