

The Dinner Table



Project

The Dinner Table Project October 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. Go to our website at thedinnertableproject.com to see the full list.

Caring School Climate

It is important that the child has warm, welcoming relationships with teachers, staff, and other students at school.

TIP:

Get to know your neighbors!
Organize a multi-family yard sale or host a neighborhood cook-out!

TIP:

Get involved at your child's school. Join the PTA/PTO or volunteer at school events. The more your child sees you being involved, the more they will want to be involved with their school and community.

Caring Neighborhood

It is also important that the family experiences friendly neighbors who support the child's growth and sense of belonging.

Other Adult Relationships

A child needs to receive support from adults other than his or her parent(s) or guardian.

TIP:

Encourage your child to get involved in extracurricular activities. A positive relationship with a coach or 4-H agent will widen your child's safety net.



For questions, please contact:

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REGIONAL PREVENTION
& EDUCATION CENTER

Conversation Starters

- ⇒ What is your favorite outdoor activity? Do you think it's important to spend time outdoors? Why or why not?
- ⇒ What is the best class you've ever had? What made it special?
- ⇒ Who is your favorite neighbor and why? (A caring neighborhood and other adult relationships are developmental assets!)
- ⇒ What does it mean to be "popular"? What are the good and bad parts about being popular?
- ⇒ Do students at school ever talk about alcohol? Why shouldn't people under 21 drink alcohol?
-Go to www.underagedrinking.samhsa.gov to start the important conversation about alcohol.

Table Games

A Day in Review

First, pick a letter that is off limits to say. You can have the oldest or youngest member of the family pick the letter and then, next time you play, switch it up! Each family member will then take turns talking about his or her day. Words beginning with the off-limits letter may not be used in the description of one's day. The words used for substitution can make these tales an entertaining vocabulary exercise. Make sure each family member gets a chance to talk before the end of dinner!

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), some children may try alcohol as early as 9 years old. Start the conversation— TODAY!

Make A New Friend

Challenge each person at the table to make a new friend at school or work tomorrow! Encourage them to eat lunch at a different table, ask a co-worker to grab a quick bite, or play with a different group of kids at recess! Everyone will report back at dinner the next day to tell about their new friend, adults included!

Recipe

Hearty Skillet Supper

Ingredients:

- 1 pound lean ground beef
- 1 can (14.5 oz) Hunt's® Diced Tomatoes with Basil, Garlic & Oregano, undrained
- 1 can (8 oz each) Hunt's® Tomato Sauce-No Salt Added
- 1-1/4 cups hot water
- 1 cup frozen mixed vegetables
- 6 ounces dry whole wheat medium shell pasta, uncooked
- 1/2 cup shredded part-skim mozzarella cheese

Directions:

Cook beef in large skillet over medium heat until crumbled and no longer pink, stirring occasionally; drain. Stir in remaining ingredients, except cheese. Bring to a boil. Reduce heat; cover and simmer 15 minutes or until pasta is tender. Sprinkle with cheese.

- See more at: http://www.readyseteat.com/recipes-Hearty-Skillet-Supper-2151.html?tool=true&_pin_#_a5y_p=865517



Need a quick meal?
Check out DeeDee's Delights!



Helpful Websites

teens.drugabuse.gov

www.stopbullying.gov

redribbon.org