

The Dinner Table



Project

The Dinner Table Project

November 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, we are introducing at least three new assets. Please go to our website at thedinnertableproject.com to view the full list.

Play and creative activities

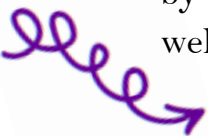
It is important that your child has opportunities every day to play in ways that allow self expression, physical activities, and interaction with others.

ell

TIP:
Set up an obstacle course in the yard! Time each family member and compete for the fastest time. If you're stuck inside due to the weather, have a drawing contest!

Out-of-home and community programs

It is also important that your child experiences well-designed programs led by competent, caring adults in a well-maintained setting.



TIP:
Check out what's happening at your local Kentucky Corporate Extension office! They host a variety of classes such as cooking, sewing, and dancing!

Time at home

It is essential that your child spends most of his or her time at home participating in family activities and playing constructively, with the parent(s) or guardian guiding TV and electronic game use.

TIP:
Have 30 minutes of electronic time and then have 30 minutes of out-loud reading time each night, whether you're reading to your child(ren) or they are reading to you!



For questions, please contact:
Ellen Walsh • ewalsh@4rbh.org • 270-442-8039 Ext. 703 or
Samantha Powell • spowell@4rbh.org • 270-442-8039 Ext. 701



Conversation Starters

- ⇒ What's the biggest way someone has made a difference in your life?
- ⇒ How important is it for you to do your best job? Why?
- ⇒ What careers interest you? Why?
- ⇒ What is a quality that makes you a good friend?
- ⇒ Why do you think the legal age to drink alcohol is 21?
 - Talk to your child about how their brain is not fully developed and that drinking alcohol can affect their development. Go to <http://www.toosmartostart.samhsa.gov/families/facts/brain.aspx> to learn more.

Table Games

Lucky Veggies

- Bring a single die to the dinner table
- Start with the youngest player
- Whatever number they roll, they must eat that many veggies (or other healthy food) off of their plate
- Pass the die to the next player and continue
- The person who eats all their veggies wins!

What's in the Sock?

- One person hides a "secret" object in a clean sock
- They pass the sock around the table and let everyone feel the object on the outside of the sock
- Everyone guesses what is in the sock and whoever guesses correctly gets to hid a new object
- A variation of the game is to use an oven mitt to hide the object

Recipe

Crockpot Chicken & Dumplings

- 4 boneless skinless chicken breasts
- 2 cans cream of chicken soup
- 1 can chicken broth
- 1/2 large onion diced
- 1 Tbsp. dried parsley
- 4 large refrigerator biscuits

Add the cream of chicken soups, broth, diced onion, parsley and mix it together well. Add in the chicken and try to submerge it as much as possible. Set Crockpot to high and cook 4-6 hours or until the chicken is fully cooked.

Cut your biscuits up into little chunks and place on top of the chicken mixture. Place lid on Crockpot and cook another 30-60 minutes until the biscuits are cooked through.

Originally found on: <http://thegrubery.blogspot.com/2011/08/crockpot-chicken-and-dumplings-recipe.html>



About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. Go to cancer.org/smokeout to learn about The Great American Smoke Out, for event tools and resources, and for help to quit.