

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

The Dinner Table Project

W E L C O M E S Y O U

BACK TO SCHOOL

AUG
2016



The Dinner Table Project was introduced last August by the Regional Prevention Center. In partnership with your local Family Resource/Youth Services Center, we encourage you to eat a meal together, play games and have a conversation with your children 2-3 times a week. Children of families who eat dinner together have been proven to have better academic performance, higher self-esteem, lower risk of substance abuse and depression, and lower rates of obesity. Each month, we will introduce you to three new developmental assets, share games to play around the table, give you conversation starters to help you get to know your child better, and share our favorite recipes. Please join us this school year and visit thedinnertableproject.com for more ideas, past newsletters, and to share your family's story!

DEVELOPMENTAL ASSETS

Commitment to Learning

The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets. These building blocks have been proven to help youth grow up healthy, responsible, and caring adults. Please visit our website for the full list.

BONDING TO SCHOOL

Child is encouraged to have and feels a sense of belonging at school.

HOMEWORK

With appropriate parental support, child completes assigned homework.

LEARNING ENGAGEMENT

Child is excited about learning and enjoys going to school.

6 Positive Things to Say to Your Child

1. I'm grateful for you.
2. You make me proud.
3. You have great ideas.
4. Your opinions matter.
5. I believe in you.
6. Thank you for being you!



- Tell me three things that you like about your new teacher.
- What do you like most about each member of your family?
- What could we do as a family to make the world a better place?
- What are you most excited to learn about this year?
- What is one thing that you hope to learn this school year?
- What is your favorite way to spend time together as a family?

Conversation Starters

CROCKPOT CHILI MAC

What you'll need:

- 2 lbs. ground beef
- 1 medium onion, chopped
- 1 can (46 oz.) tomato juice
- 1 can (28 oz.) diced tomatoes, undrained
- 3 celery stalks, chopped
- 3 Tbsp. brown sugar
- 2 Tbsp. chili powder
- 1 tsp. salt
- 1 tsp. yellow mustard
- 1/4 tsp. pepper
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 c. uncooked elbow macaroni

Instructions:

1. Cook beef and onion over medium heat until meat is no longer pink; drain. Place in slow cooker. Stir in the tomato juice, tomatoes, celery, brown sugar, chili powder, salt, mustard, pepper and kidney beans. Cook on low 6-8 hours.
2. One hour before the dish is done add pasta and let cook for the last hour.



YUM!



TABLE GAME

The Famous Person Game

Each person must wear a sticker on their forehead with a famous person's name (can be a cartoon character) on it and then, by asking the other family members questions, guess who they "are."

What You Need: Blank white stickers or mailing labels, a marker, and a list of famous people.

How to Play: Create a list of famous people and write names on each mailing label or sticker. Place a sticker on each person's forehead, making sure that they don't see the name. People then take turns guessing who they are by asking questions of their fellow players who can all but reveal their identity to them.

5 tips on having a successful family dinner:

1. Get rid of distractions. Remove books and magazines from the table. Turn off the TV. Silence the cell phones and put them in another room.
2. Get kids involved in making the food. Your kids are more likely to be enthusiastic about dinner -- and try new foods -- if they've played a role in making the meal.
3. Adapt. If your child's late rehearsal or practice is making family dinner impossible, change things up. What about shifting to a family breakfast instead?
4. Keep it short. "Dinner doesn't have to go on and on," says psychologist and author Eileen Kennedy-Moore. "A lot of kids are done eating in 15 minutes." You don't need to drag things out artificially.
5. Keep it simple. Don't have time to make a nutritious, home-cooked meal every day? Who does? Don't let that stop you from having a family dinner (or breakfast!).

Find more tips at: <http://www.webmd.com/parenting/features/family-dinner-conversation>