

 **November 2016** 

The Dinner Table Project

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

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 introduce three new assets. Please go to our website at thedinnertableproject.com to view the full list.



PERSONAL POWER



SELF-ESTEEM



SENSE OF PURPOSE



Child has a growing sense of having influence over some of the things that happen in his or her life.

TIP: Let your child help choose his or her punishment or reward.



Child likes him or herself and feels valued by others.

TIP: Leave encouraging notes on the bathroom mirror with a post-it. A "You're beautiful!" or "You rock!" note will go a long way for your child's self-esteem.



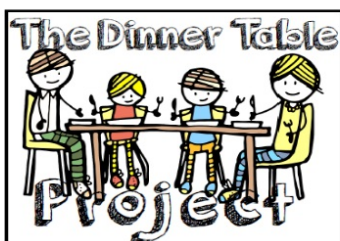
Child welcomes new experiences and imagines what he or she might do or be in the future.

TIP: Introduce your child to different professions. Take them to tour a fire station, introduce them to a police officer, or take them to an animal shelter! Show them that their options are endless!

November is Tobacco Awareness Month

During the month of November, communities are encouraged to work together toward preventing tobacco use. It's important to engage youth in tobacco prevention because, according to the Substance Abuse and Mental Health Services Administration (SAMHSA, 2013), tobacco companies target youth with tobacco advertising so they can replace the 3,000 people each day who have quit or lost their lives to smoking. This results in 90% of new smokers being under the age of 18.

Encourage someone you know to quit on November 17th! Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Go to <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/> for information and resources.



For questions or comments, please contact:

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Conversation Starters

What new fact did you learn today?

What challenged you today?

What would you rate your day on a scale of 1 to 10? Why?

If you had the chance to be the teacher tomorrow, what would you teach the class?

Did anyone push your buttons today?



Foil-Pack Chicken & Broccoli Dinner

What you'll need:

- 1 package Stove Top Stuffing Mix for Chicken
- 1 cup water
- 4 small boneless skinless chicken breasts
- 1/2 cup shredded cheddar cheese
- 2 cups small broccoli florets
- 2 Tbsp. bacon bits
- 1/4 cup ranch dressing

Directions:

Heat oven to 400°F.

Tear off four large sheets of heavy duty aluminum foil. Coat with non-stick cooking spray.

Mix stuffing mix and water; spoon onto sheets of foil. Top with remaining ingredients.

Bring up foil sides; fold to make 4 packets. Place on rimmed baking sheet.

Bake 30 to 35 minutes or until chicken is done. Cut slits in foil to release steam before opening packets.



Table Game - A my name is Alice



In this conversation game each person takes turns adding a name and a thing in alphabetical order. The first person might say: A my name is Alice and I like apples, and the next person could say: A my name is Alice and I like apples, B my name is Bobby and I like bears and so the game goes with each person reciting and adding to the chain.

If you have young kids, you can drop the recitation of what others have said and just have them do the next letter so the first person says: A my name is Ann and I like airplanes and the next person says: B my name is Ben and I like balls.

If you have older kids, try having each person add to each letter as they recite. the first person could say: A my name is Abigail and I like aliens, the next person must not only do their own letter but add to the previous letters: A my name is Abigail and I like aliens and atoms, B my name is Betty and I like bananas.

Happy Thanksgiving!

Check out our website for more recipes, games, talking points, and more!

thedinnertableproject.com

