

MAY THE DINNER TABLE PROJECT

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 three assets and tips to help you at home!

TIP:

Slowly make healthy changes throughout your home- you can start by removing sugary drinks and replacing them with healthy alternatives like flavored water!

HEALTHY LIFESTYLE

Parent(s) tell the child it is important to have good health habits.

TIP:

Reward your child for a good test grade or report card by letting them choose dinner one night or pick the movie for a stay-in family night!

ACHIEVEMENT MOTIVATION

It is important that the child is motivated and strives to do well in school.

TIP:

Start teaching your child now that it's ok for them to say "no" to their friends if they don't feel comfortable doing something.

RESISTANCE SKILLS

Child can stay away from people who are likely to get her or him in trouble and is able to say no to doing wrong or dangerous things.

**THE DINNER
TABLE
PROJECT
.COM**

**FOUR
RIVERS
BEHAVIORAL
HEALTH**

Regional Prevention Center



For questions, please contact:

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CONVERSATION STARTERS

What are three creative ways to say "no" to peer pressure?

What are three things that kids can do to help the planet?

What will your life be like when you are 20 years old? What about at 30 years old?

What was your most favorite thing that you learned this school year?

What is one thing you wish you knew how to cook?

ONE POT SOUTHWESTERN ALFREDO PASTA

What you'll need:

- 1 cup frozen corn, or the corn from two ears
- 2 cups dry penne pasta
- 2 cups cooked chicken
- 1 cup black beans (rinsed and drained)
- 1 TBSP olive oil
- 1 red pepper, diced
- 14 oz. jarred Alfredo sauce
- 2 TBSPS taco seasoning

Directions:

- Heat a large saucepan over medium heat. Add 1 TBSP of olive oil, and then the diced red pepper. Cook until soft, remove from pan and set aside.
- Add water to the saucepan, bring to a boil, and add the penne. One minute before you need to remove the pasta (according to package directions), add the frozen corn. Drain the cooked pasta and warmed corn and return to the pan.
- Stir in the cooked pepper, chicken, and black beans. Then stir in the Alfredo sauce and taco seasoning.

Source: <http://www.wineandglue.com/2016/09/one-pot-southwestern-alfredo-pasta.html>



DINNER TABLE GAME

QUESTIONS ONLY



Everything anyone says must be stated in the form of a question. This conversation game is incredibly simple, has no real winner or concrete ending, it will keep you giggling and, like it or not, it may just crop back up hours after you thought it was finished!

MAY IS
MENTAL HEALTH
AWARENESS MONTH
#INTOMENTALHEALTH

75%

of all chronic
mental health
conditions begin by
the age of 24.

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Have a wonderful & safe summer!