

# The Dinner Table Project



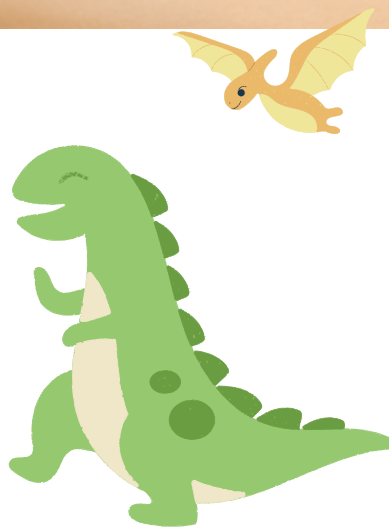
A program to encourage families to eat together, have fun and grow closer through conversation.

## Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?

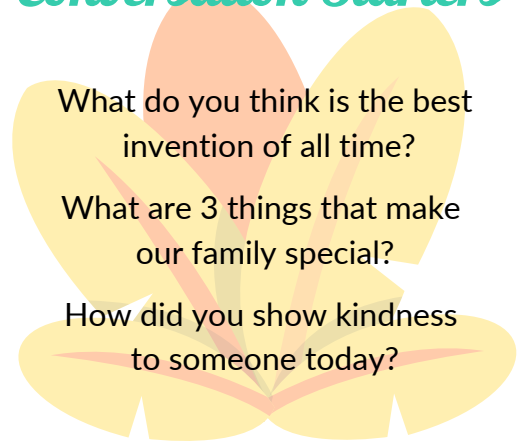


## Conversation Starters

What do you think is the best invention of all time?

What are 3 things that make our family special?

How did you show kindness to someone today?



## Invite Kids Into The Kitchen!

Studies have shown that involving kids in the preparation of their meals can encourage them to try new foods. Let them (safely) stir, pour, and measure the ingredients and see if they are more willing to try a new or different dish.



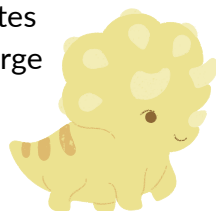
## One Bowl Brownies

1/2 cup melted butter (1 stick)  
1/2 cup unsweetened cocoa  
1 cup sugar  
2 large eggs

1 teaspoon vanilla  
1/2 cup flour  
1/4 tsp salt (leave out if using salted butter)



Preheat oven to 350°F. Grease an 8x8 square pan or line with foil and set aside. In a medium bowl combine melted butter, cocoa and sugar. Stir until fully dissolved. Add eggs one at a time then vanilla and stir until well combined. Stir in flour and salt until the flour is fully combined. Be careful not to overmix. Spread in pan and bake for 20-22 minutes or until the center is slightly set. Cool completely then cut into 9 large squares or 16 small squares.





## DIY Dinosaur Fossils

- 2 cups of flour
- 1 cup of salt
- Small plastic dinosaurs
- 1 cup of water
- Food coloring (optional)



Mix the salt and flour in a bowl until well blended. Add the food coloring to the water and mix it well. Add the water to the flour a little at a time until a dough forms. Place the dough onto a floured surface and knead for at least 5 minutes. The longer you knead it, the smoother it will be. Once the dough is ready, grab your rolling pin and roll the dough out until it's about 1/2 inch thick. Use a glass or round cookie cutter to cut out circles, making sure they are big enough for your dinosaurs. Place the dinosaurs on their side and gently push each one into one of the salt dough circles. Push them in enough to leave a nice imprint but not hard enough to put a hole through the dough. You can let your fossils air dry, which takes a couple of days or you can bake them at 300 degrees F for about an hour. Once they are hardened, you have fun fossils to play with!

## Protective Factor: Social Connections

Conversations for parents and caregivers to keep your family strong:

- How have you built a positive relationship with your child's teacher?
- Who are the most important influences on you as a parent and how have they influenced you?
- When you have a conflict in a relationship, how do you resolve the conflict?
- What do you want in your relationship with your child?
- When you became a parent, how did your relationships change?



Kentucky Strengthening Families (KYSF) represents a multi-disciplinary partnership of more than 20 national, state and local, and public and private organizations dedicated to embedding six research-based Protective Factors into services and supports for children and their families.



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## Did You Know?

There are no words that rhyme with orange.



## DTP...On The Go!

When a family meal is simply impossible, think about a late-night cookie break or hot cocoa moment where everyone can spend a few minutes catching up or sharing their favorite moments from the day.



[dinnertableproject.org](http://dinnertableproject.org)

