

The Dinner Table Project

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

Conversation Starters

What good advice have you gotten from friends or family?

Who is someone that you can talk to at school that you trust?

What is your favorite book?



Why are libraries the tallest buildings in the world?
Because they have so many stories!

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?

Baked Ham & Cheese Sandwiches

20 Hawaiian slider rolls
1/2 container of mayonnaise
1 lb deli honey ham (thinly sliced)
1 block (8 oz) swiss cheese (shredded)

5 tablespoons butter, melted
2 teaspoons dried minced onions
2 teaspoons yellow mustard
1 teaspoon poppy seeds
1/2 teaspoon Worcestershire sauce



Heat oven to 350°. Cut each slider roll in half. Place the bottom half in a 9x13 baking dish, and reserve the top half for later. Repeat with the remaining rolls. Form 4 rows of 5 rolls each for a total of 20 sliders in the pan. Spread mayonnaise on the rolls. Use as much or as little as you like. Layer the deli-sliced ham on top of the mayo. Sprinkle the shredded cheese evenly over the ham.

Put tops of slider rolls on. In a small bowl, combine melted butter, dried minced onion, yellow mustard, poppy seeds, and Worcestershire. Stir with a fork to combine. Use a kitchen brush to evenly brush the butter sauce over all the sliders. If you don't have a brush, use a spoon to spread the butter sauce out. Let the pan sit at room temperature for 10 minutes to allow the butter to harden and set. Cover pan with tin foil and bake for 20 minutes.

Remove the foil and bake for 5 additional minutes.



Research shows that eating dinner together can improve literacy!

Studies show that young children can learn more new words through dinner conversation than they do from hearing stories read aloud. According to theFamilyDinnerProject.org, "Dinner is a great vocabulary builder because rare words — words that young kids don't usually know — show up frequently in dinner conversation. As parents tell stories about their day, they often use more sophisticated language that kids can understand in the context of a story. Young children pick up ten times as many advanced words at dinner as they do when they are read to by an adult. And a bigger vocabulary can lead to stronger reading skills because kids are more able to recognize and understand challenging words when they try to decode them for the first time."



A Dinner Table Game to Have Fun & Increase Literacy

Food Rhyme - This game is exactly what it sounds like. One person calls out a food, and you go around the table trying to think of a word that rhymes with it. The first person to fail to produce a rhyme calls out a new food or ingredient on their dinner plate.



Protective Factor: Parental Resilience

Conversations for parents and caregivers to keep your family strong:

- What do you need to do to take better care of yourself?
- How do you recognize when there's too much stress in your life and what do you do about it?
- What are some ways you engage in healthy interactions with your child?
- What is something that makes you unique and helps you be resilient?
- Who did you reach out to for support when you attended school?



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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.



Scan this code with your phone to sign up to receive the digital DTP newsletter and mid-month minis in your email inbox!



DTP...On The Go!



The temperature tends to slowly increase during the month of March, making it a great month for family members to pack a picnic to eat while on the go. While eating, family members can focus on improving their mental and emotional health by sharing positive statements and their thoughts and feelings with one another.



dinnertableproject.org

