



# The Dinner Table Project

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



## Eat Dinner Together on National Family Day!



## Questions to Ask Everyday

Declared a holiday in 2009, Family Day is a national effort to promote family dinners as an effective way to reduce youth substance abuse and other risky behaviors.

The presidential proclamation reads: "A strong and engaged family can make all the difference in helping young people make healthy decisions. By coming together as a family and discussing the events of the day, parents can foster open communication, share joys and concerns, and help guide their children toward healthy decision-making."

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?

**Celebrate with your family by eating together on September 26!**



## Conversation Starters

**If you could paint your room, what color would it be?**

**What makes you feel loved?**

**Where would you fly if you had wings?**

**What do you think would be a hard job to have?**

## PB&J French Toast

- 1/4 cup peanut butter
- 1/4 cup grape jelly
- 8 slices sandwich bread
- 2 large eggs

- 1/4 cup 2% milk
- 2 tablespoons butter
- Optional: Sliced fresh strawberries
- Confectioners' sugar or maple syrup

Spread peanut butter and jelly over 4 slices of bread. Top with remaining bread. In a shallow bowl, whisk eggs and milk until blended. On a griddle, melt butter over medium heat. Dip both sides of sandwiches in egg mixture. Place on the griddle; toast 2-3 minutes on each side or until golden brown. If desired, top with strawberries. Dust with confectioners' sugar or serve with syrup.

Give breakfast for dinner a try!



# Games to Play Together At Dinner

## Things Are Different

1. Have one person close their eyes.
2. All the other players remove something from the table. A napkin, salt shaker, fork or dinner roll are all great ideas.
3. The player opens his eyes and must guess what each person removed.
4. The winner is the player who removes the items that can't be guessed.



## The Letter Game

1. Choose a letter. You can start with "A" and work your way through the alphabet, or choose one at random.
2. Challenge each family member to find something in the room that begins with that letter.
3. The winner of each round is the person who finds an answer first



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. Supporting families is a key strategy for promoting school readiness and preventing child abuse and neglect. All families experience times of stress, and research demonstrates that children grow and learn best in families who have the supports and skills to deal with those times. Supporting families and building skills to cope with stressors can increase school readiness and reduce the likelihood abuse will occur.

## Protective Factor: Nurturing and Attachment

A child's early experience of being nurtured and developing a bond with a caring adult.

1. Show children that they are loved and important.
2. Reassure children when they feel scared.
3. Provide a safe environment for children.
4. Recognize and validate the feelings that children may experience.

## DTP...On The Go!

Fall is a busy time of year for children and caregivers. Multiple activities and events mean that the majority of downtime may be spent traveling. With some pre-planning, like packing healthy snacks the night before, you can bring the dinner table to the car. Story Time is a fun activity that will encourage creativity. It begins with the first family member saying "once upon a time..." and then finishing that sentence. The next family member adds the next sentence to the story, Take turns adding sentences until everyone has added at least three sentences each.

## Did You Know?

Applesauce was the first food eaten in space by an American Astronaut.



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