



The Dinner Table Project

Unplug

Communicate

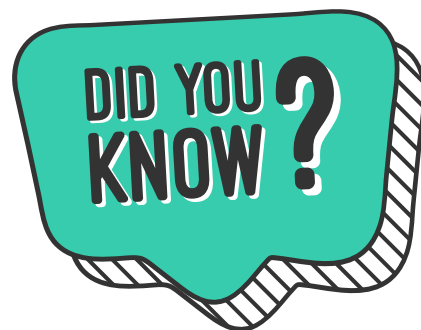
Encourage

A PROGRAM FOR FAMILIES TO EAT TOGETHER, HAVE FUN, AND GROW CLOSER THROUGH CONVERSATION.



The Dinner Table Project is based on research that children of families who eat together have better relationships. They also:

- are less likely to use alcohol or other drugs
- get better grades in school
- have higher self-esteem
- experience a greater sense of resilience



When a child has a hearing loss, family members may struggle to communicate with each other. We know that having even one trusted adult can protect children and youth from depression, anxiety, trauma, and substance use. Effective communication at home can set up a child for success. Kentucky is working to adapt the Dinner Table Project to your family's needs.

Your Regional Prevention Center partners with local schools and other agencies to send out monthly newsletters that include easy recipes, conversation starters, fun games to play at the dinner table, and much more. Visit our website at **thedinnertableproject.org** or follow us on Facebook and Instagram **@thedinnertableproject**.

thedinnertableproject.org



What Helps a Deaf or Hard of Hearing Person Thrive?

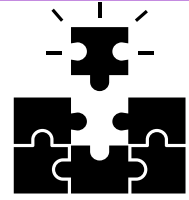


Promoting Independence

All children need encouragement to take on new challenges, but it's especially important to praise and acknowledge a deaf child's triumphs to help their confidence grow. Why not create an achievements board and ask your child to write one thing they are proud of themselves for each week?

Language & Good Communication

Encourage deaf or hard of hearing children to develop their emotional vocabulary by making scrapbooks or flashcards showing different emotions and having a daily mood check-in. This will help them identify feelings and become comfortable with the concept of mental health.



Being Included

People with hearing loss can sometimes experience loneliness and may feel like they are being left out. Work with siblings, extended family members, and friends on best communication methods. Practice basic signs, turn-taking, use of amplification devices, and good communication practices with one another.

Conversation Starters & Activities

- What accomplishment are you most proud of?
- What makes someone a good friend?
- What are you thankful for?
- What makes you feel good about yourself?
- Game Time: "I spy with my little eye."
Build up your visual awareness!
- Create a restaurant and practice ordering from the menu, role playing each part (e.g., server, customer, chef).

Video Resources



Dinner Table Syndrome and the Dinner Table Project Anthony's Story



Thursday 30: Interview w/ Michelle Niehaus & Anthony Adkins, DBHDID

English Muffin Pizzas



What You'll Need:

- Whole-grain English muffins (1 per 2 children)
- Pizza sauce (1 tablespoon per child)
- Shredded mozzarella cheese (1 tablespoon per child)
- Variety of vegetables (2 tablespoons per child)

Directions:

1. Give each child one half of a muffin, a tablespoon of pizza sauce and cheese, and 2 tablespoons of vegetables.
2. Allow them to make their own pizzas.
3. If an oven is available, toast the pizzas until the cheese melts (optional).

Recipe by LEAP...for Health: Nutrition

Education Program, University of
Kentucky Cooperative Extension Service.



HANDSANDVOICES.ORG



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