

# The Dinner Table Project

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



## Easy Breakfast Tacos

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Before chopping vegetables, rinse under cool, running water. Warm oil in a large nonstick skillet on medium heat. Add mixed vegetables and saute until tender, about 3 to 5 minutes. Crack eggs into a medium-sized bowl and whisk until combined. Add eggs to the skillet and scramble until cooked through. Remove from heat. Optional: Warm tortillas in microwave for 15 seconds. Assemble tacos by evenly placing the egg and vegetable mixture in the tortillas. Sprinkle with salt and pepper if desired and one tablespoon each cheese and salsa to each taco. Fold and enjoy! Refrigerate leftovers within 2 hours.

- 2 teaspoons oil
- 1 cup mixed vegetables of choice (onions, peppers, tomatoes)
- 5 eggs
- 4 (8-inch) whole-wheat tortillas
- salt and pepper to taste
- 4 tablespoons of low-fat cheddar cheese
- 4 tablespoons of salsa

## Conversation Starters

- When was the last time you worked incredibly hard?
- Who in your life brings the most joy?
- Where is the most beautiful place you have been?

## 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?

# Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

## Challenge Growth

Expect my best. Expect me to live up to my potential.



### Say this:

- (1) "I can see you worked so hard on this!"
  - This helps your child understand you value their effort.
- (2) "It seems like it's time to try a new strategy."
  - This lets your children know that they control outcomes by making choices.

### Not this:

- (1) "You are so smart!"
  - Do not say this, because it makes them think of intelligence as a fixed quality.
- (2) "It's okay. Maybe you're just not cut out for this!"
  - Do not say this, because it makes your child think they don't have the capacity to improve.

## DTP...On The Go!

A great idea for caregivers is to adopt February as the "YES" month, week, or day for younger family members. Of course, there will need to be specific rules, such as not spending money and everyone stays safe. "YES" month will allow youth to decide what is being served for dinner, family activities, and topics of discussion. The caregiver may decide to allow siblings to take turns or vote on what they would like to ask for. This is a great way to allow youth to identify and embrace their different likes and dislikes. It also allows them to share those differences with their family members.

