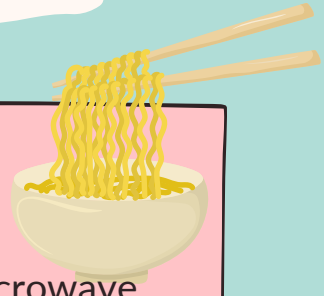


The Dinner Table Project

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



Build Your Own Ramen



- 1 package of any flavor ramen noodles
- 2 cups of water
- 5 oz of canned or packaged chicken or tuna
- 1 cup mixed vegetables or vegetable
- Seasoning of your choice (garlic powder, onion powder, italian seasoning, lemon)
- Prepare ramen in a microwave or on a stovetop according to package instructions.
- Add cooked chicken or tuna and vegetables and heat for 30 seconds to 1 minute
- Note: if using the seasoning packet included in the package, try using only half of the flavor packet and adding your own spices.

Conversation Starters

- What is your favorite season? Why?
- Who is your oldest friend? Where did you meet them?
- What is your favorite number? Why?

Questions to ask Everyday

- What are 3 things for which you are thankful for?
- 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 ways to shape their own lives, and learn how to engage with and contribute to the world around them.

Provide Support:

Navigate, guide me through hard situations and systems.

Tips:

Let children know that you understand these are new challenges for them. Discuss openly what is happening in their lives and be truthful about the situation without being scary. If possible, come up with solutions to problems together, so children feel they have some control.

- Schedule family meetings
- Keep a positive focus
- Set boundaries
- Build family connections

DTP...On The Go!

It becomes quiet sometimes when traveling in a car or sitting at the dinner table, Caregivers can utilize this time by facilitating a family meeting. The family meeting can be structured formally or informal. Caregivers may want to allow all family members to vote on a family mascot, create a clear mission, and set family goals. Each family member can take turns facilitating the meeting and the topics of discussion. The topics of discussion could include planning a family trip, deciding what's for dinner, and selecting an activity for a family fun night. Caregivers may decide to allow youth to call a family meeting if there is an issue of concern.