

table talks

DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development—known as Developmental Assets®—that help young people grow up healthy, caring, and responsible. Every quarter, we will spotlight one internal and one external asset (Source: searchinstitute.org).

Positive Family Communication

INTERNAL ASSET

Young people and their parents communicate positively & are willing to seek parents' advice and counsel.

Interpersonal Competence

EXTERNAL ASSET

Young people have empathy, sensitivity, and friendship skills.

BUILD POSITIVE FAMILY COMMUNICATION & INTERPERSONAL COMPETENCE THIS WINTER!

Tips!

- Share your own feelings calmly.
- Ask how your child feels, not just what they did. Let kids try solving problems before stepping in.
- Use "I" statements during conflict.
- Remind kids it's okay to have hard days.
- Encourage kindness and inclusion.
- Make time for fun and laughter together.

Honest Conversations About Drugs Start Here:



OR VISIT THE NATURAL HIGH SITE

September

Suicide Prevention Month

7: Grandparents Day
10: World Suicide Prevention Day
11: Patriot Day
22: National Family Day
23: International Day of Sign Languages

October

Youth Substance Use Prevention Month

3: World Smile Day
7: You Matter to Me Day
10: World Mental Health Day
23-31: Red Ribbon Week

November

Military Family Appreciation Month

11: Veterans Day
23: Better Conversation Week

KIP Data

The Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (not all school districts participate). These results are from the 2024 Survey.

51% OF KENTUCKY 10TH GRADE STUDENTS REPORT THAT THEY THINK TOBACCO USE IS A PROBLEM AT THEIR SCHOOL.

The number one protective factor in a child's life to increase their resiliency and help them overcome adversity is having a trusted adult they can go and talk to.

PARENTS,
WANT MORE
INFO?



Help build your connection to youth by being that trusted adult and helping to increase protective factors for children all over.

OR VISIT TALK THEY
HEAR YOU ON YOUTUBE

Conversation Starters

- What are some of your **goals** for this month?
- Which **teacher** has had the greatest influence on you?
- What is one of the earliest **memories** you have of our family?



Easy Pumpkin Cake

Ingredients

- 1 box yellow cake mix (or spice cake mix for extra flavor)
- 1 can (15 oz) pumpkin puree (not pumpkin pie filling)
- 3 large eggs
- ½ cup vegetable oil
- 1-2 tsp pumpkin pie spice (optional if using yellow cake mix)
- ½ tsp cinnamon (optional, for more flavor)

Optional Cream Cheese Icing:

- 1 (8 oz) block cream cheese, softened, ½ cup butter, softened, 2 cups powdered sugar, 1 tsp vanilla extract
- Beat all together until creamy and spread on cooled cake

Directions

1. Preheat oven to 350°F (175°C).
2. Grease a 9x13-inch baking pan or line with parchment paper.
3. In a large bowl, mix together:
 - Cake mix
 - Pumpkin puree
 - Eggs
 - Oil
 - (and spices if using)
4. Beat until smooth — about 2 minutes.
5. Pour into the pan and spread evenly.
6. Bake for 25-30 minutes, or until a toothpick comes out clean.
7. Let cool completely before frosting.



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