

THE DINNER TABLE PROJECT

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



Tater Tot Casserole

Ingredients:

- 1 pound ground beef
- 1 (10.5 ounce) can condensed cream of mushroom soup
- salt and ground black pepper to taste
- 1 (16 ounce) package frozen tater tots
- 2 cups shredded cheddar cheese

Directions:

- 1.) Gather the ingredients. Preheat the oven to 350 degrees F.
- 2.) Heat a large skillet over medium-high heat. Cook and stir ground beef until completely browned and crumbly, 7 to 10 minutes. Drain the grease if desired. Stir in condensed soup; season with salt and black pepper.
- 3.) Transfer beef mixture to a 9x13-inch baking dish; layer tater tots evenly on top and sprinkle with cheese.
- 4.) Bake in the preheated oven until tater tots are golden brown and hot, 30 to 45 minutes. Serve and enjoy!

Conversation Starters

- If our family had a **motto**, what would it be?
- How do you **show** someone you love them?
- If you planned a **family vacation**, where would we go?
- What is something you are **good** at? What is something you want to get **better** at?

Questions to Ask Everyday

- What did you **learn** today?
- What was your **favorite moment** of the day?
- Who **helped** you today, and how did it make you feel?

The May 2026 DTP newsletter was developed by the Pennyroyal Regional Prevention Center.

SWITCH!

This game is super easy to play and only requires a minute of preparation time. Write everyone's names on a piece of paper and throw them in a bowl. Before your family sits down for dinner, ask everyone to draw a name. Everyone then has to sit in the other person's regular seat and act like them during the dinner. Make sure to draw again if you pick yourself, so you don't lose out on the fun! You can also write characters from your favorite show, animals, or family members that aren't present on the tags and act like them during dinner. Keep it positive! When acting like someone else, focus on their best qualities and fun habits—you're celebrating each other, not teasing!

Developmental Assets


Neighborhood Boundaries: Neighbors and friends' parents help monitor the child's behavior and provide feedback to the parents. 

Tips:

- Build Parent Connections
 - Get to know other parents through casual meet-ups or a group chat.
- Encourage Communication
 - Let your child know trusted adults can help guide them when you're not there.
 - Teach respect for all trusted adults in the neighborhood.
- Watch and Speak Up
 - If you notice risky behavior, talk privately and kindly with the child's parent.
 - Invite others to do the same for your child.
- Be Present
 - Spend time outside so kids see adults around.
 - Greet kids by name and show interest in what they're doing.

Bonus: Celebrate positive behavior—compliments and kind words build trust and connection.

DTP on the Go...

Create a Car Jar! Keep a small jar or box in the car filled with conversation starters and questions on slips of paper. Let a different family member pull one each ride and take turn answering the questions when you are on the go! 



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