

# The Dinner Table Project

February  
2016

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

## Developmental Assets

The Search Institute has identified building blocks of healthy development, the 40 Development Assets. These building blocks have been proven to help youth grow up healthy, caring, and responsible. Each month, we have been introducing you to three new assets along with a tip. Please go to our website at [thedinnertableproject.com](http://thedinnertableproject.com) to view the full list.

### ASSET

#### *Resistance Skills*

Child is learning to recognize risky or dangerous situations and is able to seek help from trusted adults.

#### *Equality and Social Justice*

Parent(s) encourage child to be concerned about rules and being fair to everyone.

#### *Planning and Decision Making*

Parent(s) help child think through and plan school and play activities.

### TIP

Sit down with your child and create a "safe list" together. Come up with 5-7 names of relatives and close friends that your child can trust to talk to about important things if they can't talk with you.

Again, sit down with your child and create a "house rules" chart together. They will get more excited about the rules if they are involved in creating them. Then, they can decorate the paper and hang it up to remind the whole family of the house rules.

Have your child plan their next play date or sleepover. They can decide on food, games, movies, and/or crafts!

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## Conversation Starters



What are some characteristics of a great teacher? Why?

Do you help encourage friends to participate in sports, clubs, or other activities? If so, why and how?

What actions are you taking now to make the world better in the future?

What is the worst argument or fight you ever had with someone? Did it get resolved?

How could you share your talents with the community?

Why do young people use marijuana?

Find out how to talk to your kids about marijuana here:

<http://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids-communicating-risks>

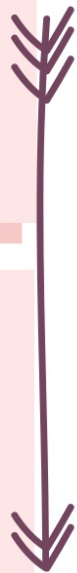
## Table Games

### ABC's of Gratitude

Go around the table and have each family member say something they are thankful for—but in alphabetical order! For example, you are grateful for animals and your son is grateful for bananas and so on, until you get from A to Z!

### Story Time

Start with the youngest or oldest family member and go clockwise around the table. The youngest/oldest starts by saying one word (i.e. "The"), the next person adds a word (i.e. "The fairy"), the next adds another (i.e. "The fairy princess"). You get it! Go around the table until you have made up a really silly story!



## Poppy Seed Chicken Casserole

What you'll need:

- 2 cups of chicken, cooked and diced
- 2 cups Ritz crackers, crushed
- 1 Tablespoon poppy seeds
- 1 can cream of chicken soup (10.75 ounces)
- 1/2 cup sour cream
- 1/2 cup butter, melted
- 1 teaspoon Worcestershire (optional)
- 1 teaspoon minced garlic (optional)
- 1 Tablespoon lemon juice (optional)

Directions:

Preheat oven to 350 degrees.

Mix together chicken, soup, and sour cream in a large bowl. Add in Worcestershire sauce, garlic, and lemon juice, if desired. In another bowl, mix together crushed crackers, poppy seeds, and melted butter and stir until butter is completely incorporated.

Spray a 9x13" baking dish with non-stick cooking spray. Spread chicken mixture on the bottom and top with cracker mixture.

Cover pan with foil and bake for 15 minutes. Remove foil and bake for 15 more minutes. Recipe found at: <http://www.sixsistersstuff.com/2013/02/poppy-seed-chicken-casserole.html>



February is National Children of Alcoholics (COA) Awareness Month  
Visit [nacoa.org](http://nacoa.org) to learn more