

April 2016

# The Dinner Table Project

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 Developmental Assets. These building blocks have been proven to help youth grow up healthy and responsible. Each month, we introduce you to three new assets. Please go to [thedinnertableproject.org](http://thedinnertableproject.org) to view the full list.



### High Expectations

It is important that the parent/guardian and teachers encourage the young person to do well.

**TIP:** Use incentives. Make a deal with your child that if they don't get any "strikes" in 9 weeks, that they get to pick out a small toy or candy at the store.

### Positive Peer Influence

It is important that the child's closest friends model positive, responsible behavior.

**TIP:** Invite your child's closest friends over for a sleepover - they will have fun and you will get to know them better.

### Restraint

It is crucial that an adolescent knows the importance of not being sexually active or to use alcohol and other drugs.

**TIP:** Keep the conversation going. A one time conversation about sex, drugs, and alcohol isn't enough and the earlier you start talking, the better!

## April is Alcohol Awareness Month

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**NCADD**  
[ncadd.org](http://ncadd.org)

**Talk Early, Talk Often: Parents Can Make a Difference in Teen Alcohol Use**

"Alcohol use by young people is extremely dangerous—both to themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction. Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents are faced with a unique set of challenges. They can simply sit back and hope their kids will "get through it," or they can take an active role in learning about alcohol and drugs and helping their kids do the same." -NCADD





# Crock Pot Beef Stroganoff

## What you'll need:

8 ounces cream cheese  
2 cans cream of mushroom soup  
4 Tbs Worcestershire sauce  
1 cup milk  
1 tsp garlic salt  
1 lb beef stew meat  
1 large onion  
1 package egg noodles

## Optional Ingredients:

½ cup sour cream  
1 cup fresh mushrooms

## Instructions:

1. Start by chopping up your onion, and putting it in fry pan with your stew meat.
2. Season with the garlic salt
3. Cook just until the onion starts to get translucent and meat is browned on outside, but not cooked through. This will help keep the meat moist while it cooks in the crock pot. You can skip this and just dump everything into the crock pot, but it won't be as moist and tender when it is done. Taking a few minutes to brown the meat helps a lot.
4. Mix together milk, mushroom soup, Worcestershire sauce, and cream cheese. Stir well so not too lumpy. (If adding in the sour cream and mushrooms, do that here)
5. Put sauce mixture and meat and onions in crock pot, put lid on, and cook on low for 4-6 hours. You can stir occasionally.
6. Just before finished, boil water and cook noodles according to package directions.
7. When noodles are cooked through, and drained, stir into crock pot. Let sit about 5 minutes, then serve.



<http://www.eazypeazymealz.com/crock-pot-beef-stroganoff/>



## Try this!

# Pass the Piggy!

Pass the Piggy is easy and fun to play! All you have to do is cut out the pig below and place it on the dinner table. If someone uses bad manners, then anyone can "squeal" on them by pointing out their bad manners!

The person with bad table manners then has to say "Oink, Oink" and the piggy is passed to them. Whoever has the pig at the end of the meal does the dishes!

Tip: If your kids are really competitive, you can lighten the mood by letting them catch you the first few times.



From iMom.com

## Conversation Starters



What is the best lesson you've ever learned from a book?



What is your favorite way to spend time together as a family?



What family rules do you wish you could change? What are your reasons?



What is a subject or topic that isn't taught in your school, but you would really like to learn about?



Remember to start or keep the conversation going about alcohol. For help on how to have the conversation go to [www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)