

The Dinner Table Project

May 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 Developmental Assets. These building blocks have been proven to help youth grow up healthy and responsible. Each month, we introduce three new assets. Please go to thedinnertableproject.com to view the full list.

Safety

Parents and community adults ensure the child's safety while keeping in mind her or his increasing independence.

TIP: Take your child and a few of their friends to the park. Find yourself a bench and watch your child from a distance. They will enjoy their "alone" time with their friends while you enjoy alone time as well!

Adult Role Models

Parent(s) and other adults model positive, responsible behavior and encourage the child to follow these examples.

TIP: It is important to know who your child is hanging out with, but, it is just as important to know their friend's parents, too! Invite the whole family over for dinner, snacks or a game night.

Responsibility

Parent(s) encourage the child to accept and take responsibility for her or his actions at school and at home.

TIP: Natural consequences are sometimes the best learning experiences. For example, if your child forgets their homework folder at home, the natural consequence may be that your child won't have their homework to turn in, instead of you bringing them their folder.

May is Mental Health Awareness Month!
Go to www.nami.org
to see how you can
get involved.

Table Game

Would you rather...?

Grab a jar, paper, and a pencil! Write down several (20+) "Would you rather" questions on small pieces of paper, fold, and stick in the jar. Go around the table and take turns answering the questions. Examples: Would you rather... Be Batman or Superman? Listen to music or read a book? Have a pet monkey or a reindeer? Have a car that goes underwater or flies?
Have fun with it!

Conversation Starters

- How do you help your friends feel more positive about themselves?
- What was the nicest compliment you have ever received from an adult?
- Have you ever been in a situation where you had to decide whether or not to stand up for what you believed in? What did you do?
- What is the trait you like most about each member of your family?
- How can you make the world a better place?

One Dish Queso Chicken Bake

What you'll need:

- 3-4 chicken breasts
- 1 can diced tomatoes and green chilies (RO*TEL)
- 1 can corn, drained
- 1 can black beans, drained and rinsed
- 16 oz queso cheese (pasteurized prepared cheese, Velveeta)



Instructions:

1. Place the chicken breast in a baking dish flat. Butterfly breasts if they are especially thick.
2. Layer the corn, black beans, and RO*TEL on top of the chicken.
3. Dice the queso cheese into ½ inch cubes and spread them evenly over the top of the dish.
4. Cover the dish with foil and bake in a preheated oven at 375 F for 45-55 minutes or until the chicken is done and the juices run clear. *if you want the cheese to be a little crispy remove the foil for the last 5 minutes of baking.
5. Remove from oven then remove the chicken breasts from the pan and use a fork or whisk to work the extra cheese into the juices to form more queso sauce.
6. Enjoy! Serve over rice, with chips, or with tortillas

<http://www.thepinningmama.com/one-dish-queso-chicken-bake-easy-dinner-recipe/>

Thank you for supporting
The Dinner Table Project!

See you in August!

Stay up-to-date at
thedinnertableproject.com

E-mail us with comments or
suggestions for next year!

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