

The Dinner Table Project

August 2017

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

Developmental Assets



The Search Institute has identified building blocks of healthy development, the 40 Developmental Assets, for four age groups. These building blocks have been proven to help youth grow up healthy, caring, and responsible adults. Each month, we are introducing three assets and tips to help you at home! Go to thedinnertableproject.com/developmental-assets to see the full list.

Play and creative activities

It is important that the child has daily opportunities to play in ways that allow self-expression, physical activity, and interactions with others.

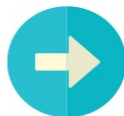


TIP:

Encourage your child to play outside and to use their imagination! Help them build an outdoor fort with boxes or set up a scavenger hunt in the backyard!

Out-of-home and community programs

The child experiences well-designed programs led by competent, caring adults in well-maintained settings.



TIP:

Get involved in 4-H or take some classes at your local UK Extension Office. Go to <https://extension.ca.uky.edu/county> and click on your county for more information!

Time at home

The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.



TIP:

Find a TV show that everyone in the family can enjoy. Make it a weekly tradition to sit down together as a family to watch it (but not during dinner)!

Welcome

BACK

to

School

The start of a new school year can be stressful. Here are 5 ways kids can calm down anywhere!

1. Slowly count to 5
2. Take deep breaths - slowly inhale, count to 5, and exhale
3. Blow into hands
4. Place hands in pockets
5. Make a fist, then relax the hand



thedinnertableproject.com



Conversation Starters

What sorts of things make you laugh?

What is your biggest goal?



What is your favorite season?

What is the best thing about your life?

What is your happiest memory?



What is your favorite holiday?

If you could choose another name for yourself, what would it be?

What can Mommy/Daddy do to be a better parent to you?



(After) Dinner Table Game

Skit-Tell Us

What you'll need: 1 bag of Skittles

After dinner, still sitting around the dinner table, open a bag of Skittles. Starting with the youngest family member, pull one Skittle out of the bag (without looking!). They will then answer the question associated with the color of Skittle they grabbed! Pass the bag to the right and keep playing until everyone gets to answer a few questions.

- Red:** Something fun you did this summer
- Orange:** About somewhere new or cool you visited
- Yellow:** About something you tried for the first time
- Green:** About your favorite thing you did
- Purple:** Something no one knows about you



Recipe

Slow Cooker Breakfast Casserole

What you'll need:

- 12-15 breakfast sausage links
- 12 eggs
- 1 cup milk
- 1 pkg. 2 lbs. potatoes O'Brien (hash browns with diced onions and peppers)
- 1 tomato, diced (or canned diced tomatoes, drained)
- 2 cups shredded cheddar cheese
- Salt and pepper to taste

Directions:

Brown sausage links in skillet until cooked through and cut into pieces- set aside. In a large bowl, beat eggs together with milk. Add salt and pepper. Stir in cut up sausage, potatoes O'Brien, tomato, and cheese. Spray crock pot with cooking spray and pour egg mixture in. Cook on low heat for 6-8 hours.

From:

<https://www.favfamilyrecipes.com/crock-pot-breakfast-casserole>



Health

A HANDY GUIDE TO PORTION SIZES

lively table

CUPPED HAND 	1/2 CUP PRETZELS, CRACKERS, COOKED VEGETABLES
PALM 	3-4 OZ MEAT, FISH, POULTRY, PASTA, POTATOES
FINGERTIP 	1 TSP BUTTER, MAYONNAISE, OILS
FIST 	1 CUP FRESH FRUIT & VEGETABLES, CEREALS
THUMB 	1-2 TBSP 1 OZ PEANUT BUTTER, CHEESE, SALAD DRESSING

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Check out www.livelytable.com!

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