

# The Dinner Table Project

## October 2016



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



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. Go to our website at [thedinnertableproject.com](http://thedinnertableproject.com) to see the full list.

.....

### Community Values Children

It is important that children are welcomed and included throughout community life.

Tip: Participate in your community's Halloween events.

### Service to Others

Child has opportunities to serve in the community with adult support and approval.

Tip: With the holidays quickly approaching, take advantage of volunteer opportunities in the community in which the whole family can be involved.

### Safety

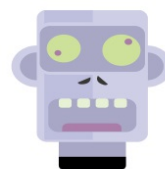
Parents and community adults ensure the child's safety while keeping in mind his or her increasing independence.

Tip: Encourage your neighborhood to have a Trunk or Treat event to avoid having the children go door to door for trick or treating.



For questions, please contact:

Ellen Walsh - [ewalsh@4rbh.org](mailto:ewalsh@4rbh.org) - 270-442-8039 Ext. 703 or  
Samantha Powell - [spowell@4rbh.org](mailto:spowell@4rbh.org) - 270-442-8039 Ext. 701





# Conversation Starters

Things to ask other than "What did you learn today?"



What was the funniest thing that happened today?

What challenged you today?

If you had the chance to be the teacher tomorrow, what would you teach the class?

Who do you want to make friends with but haven't yet? Why not?

What is your teacher's most important rule?

Tell me something you learned about a friend today.

When did you feel most proud of yourself today?

Get more ideas at [www.parent.co](http://www.parent.co)

## Table Game Finish the Story

Remember "telephone"? This is an updated version of that game for the dinner table. Start a story using 1-2 sentences, and let each person take turns adding to it. Each person can either add one sentence, or a whole segment of the story.

Start working on the conclusion as dinner is coming to an end.



## Crockpot Taco Soup

*What you'll need:*

- 1 lb. ground beef
- 28 oz. can of whole tomatoes
- 15 oz. can of light red kidney beans
- 15 oz. can of corn
- 8 oz. can of tomato sauce
- Medium sized onion, chopped
- 1 package taco seasoning mix
- Salt to taste

*Shredded cheddar cheese for topping*



*Cook ground beef and onion. Put beef and onion mixture, taco seasoning and undrained canned vegetables in slow cooker on low for 4-6 hours. Add salt to taste. Top with cheddar cheese when serving.*

Some children may try alcohol as early as nine years old.



Studies show that 80% of children feel that parents should have a say in whether they drink alcohol.

About 10% of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50%. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decisions about drinking.

## Talk. They Hear You.

SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early about the dangers of alcohol.

**But why stop there? Talk to your kids about drugs. They'll listen.**

Go to <http://www.samhsa.gov/underage-drinking/parent-resources> for tips to start the conversation.