



The Dinner Table Project

April 2017

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 caring, healthy, and responsible. Each month, we introduce you to three new assets and provide you tips. Please visit our website to view the full list.

Family Support-
Family continues to be a consistent provider of love and support for the child's unique physical and emotional needs.
TIP: Give your child continuous praise for just being themselves!

Caring School Climate-
Child experiences warm, welcoming relationships with teachers, caregivers, and peers at school.
TIP: Maintain a healthy relationship with your child's teachers.

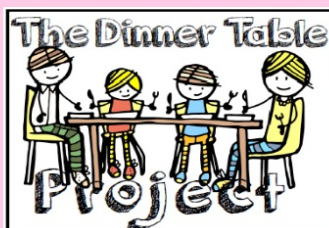
Caring Neighborhood-
Parent(s) and child experience friendly neighbors who affirm and support the child's growth and sense of belonging.
TIP: Get to know your neighbors! Introduce yourself to new people on the block.

April is Child Abuse Awareness Month

The blue ribbon has been widely recognized as a national symbol of child abuse awareness. The movement began in 1989, when a concerned grandmother, Bonnie Finnen of Virginia, took a stand against child abuse after experiencing the death of her grandson. She tied a symbolic blue ribbon to her van as a signal for the community of her personal commitment to involve everyone in the battle to stop child abuse. Bonnie's grandson, Michael, was a young victim and his tragic death gave her the strength to encourage others to help in the fight against child abuse and neglect. The spirit of the blue ribbon grew and it inspired a community based effort to join forces in this tragic battle. Wearing a blue ribbon, pin, or wristband during the month of April acknowledges that many children are victims of abuse and neglect and that prevention is the key to reducing violence in these families.

Show your support by:

- Placing a blue pinwheel in your front yard
- Wearing a blue ribbon, pin, or wristband
- Wear blue each Friday of the month



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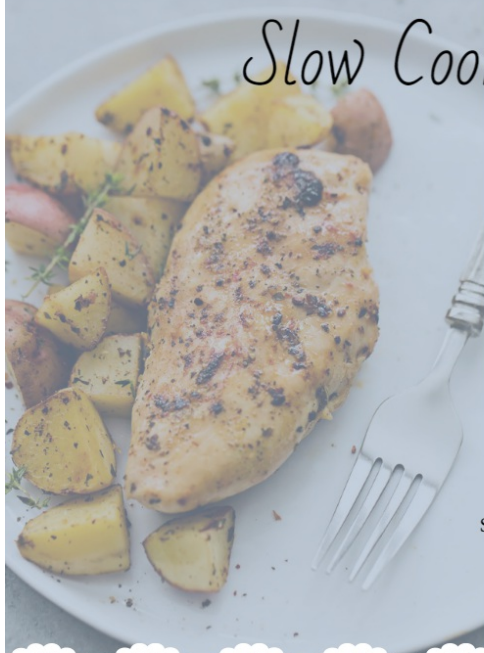
Conversation Starters

You've been challenged to sit down with your child(ren) and ask them these questions about yourself, without prompting them! See what funny or sweet things they come up with!

1. What is something I always say to you?
2. What makes me happy?
3. What makes me sad?
4. How do I make you laugh?
5. What was I like as a child?
6. How old am I?
7. How tall am I?
8. What is my favorite thing to do?
9. What do I do when you're not around?
10. What am I really good at?
11. What is something I'm not good at?
12. What do I do for a job?
13. What is my favorite food?
14. What do you enjoy doing with me?



Slow Cooker Italian Chicken & Potatoes



What you'll need:

- 4 boneless skinless chicken breasts or 4-6 chicken thighs
- 3 cups chopped potatoes (about 1½ inch pieces)
- 3 tablespoons oil
- 1 tablespoon Italian seasoning blend
- 1 teaspoon garlic powder
- Salt and pepper to taste,
- Fresh herbs for garnish (optional)

Directions:

In a large bowl combine chicken and potatoes. Drizzle with oil and stir to coat. Sprinkle salt, pepper, garlic powder and Italian seasoning over the chicken and potatoes, then toss to coat well.

Transfer to slow cooker (OR optional step: cook chicken and potatoes in a large skillet/pan over medium high heat for 2-3 minute to brown before transferring to slow cooker to cook all the way through), cover and cook on low for 4-6 hours until chicken is cooked through and potatoes are fork tender.

Garnish with fresh herbs like oregano and thyme (optional) and serve hot.

Source: <http://therecipecritic.com/2016/12/slow-cooker-italian-chicken-potatoes/>

Dinner Table Game Name 10

Name 10 is a classic conversation game in which one person declares a category such as "Fruit" and the other players must come up with 10 examples of that category. The person who came up with the category gets to determine whether the examples fit and declare the winner of the round! Winner of the round gets to choose the next category.



Don't forget to check out
thedinnertableproject.com