



The Dinner Table Project

September 2017



Developmental Assests

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. Each month, we introduce three assets and include tips on how you can encourage these assets in your everyday life. Please visit our website at thedinnertableproject.com to view the full list.



1 Children as Resources

It is important that the child contributes to family decisions and has opportunities to participate in positive community events.

Tip: Let your child plan dinner one night a week. Take them to the store with you to pick out the ingredients and let them help prepare the meal whether they are old enough to help cook, prep, or set the table!

2 High Expectations

Parent(s), teachers, and other influential adults encourage the child to do his or her best in all tasks and celebrate their successes.

TIP: Create a reward system! For every good grade your child gets, they get a point. Once they "collect" so many points (i.e. 25), they get a reward! Either they get to pick the movie for a home movie night or they get to choose a piece of candy from the store, it's up to your family to decide!

3 Sense of Purpose

Child welcomes new experiences and imagines what he or she might do or be in the future.

Have each family member create a "vision board". This can be done on a piece of paper or on poster board. Have everyone put cut-out pictures from magazines (most public libraries give out old magazines for free) on the paper or poster board of things they would like to do or be in the future. At the end of each week, when you're around the dinner table, talk about what you each did that week to get you closer to your "vision".

**September 10th is
World Suicide Prevention Day!**

**September 10 - 16, 2017 is
National Suicide Prevention Week**

#BeThe1To
**ASK. KEEP THEM
SAFE. BE THERE.
HELP THEM CONNECT.
FOLLOW UP.**

Find out why this can save a life by
visiting www.BeThe1to.com

If you're struggling, call
1-800-273-TALK (8255)



thedinnertableproject.com

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Conversation Starters



Where do you see yourself in 5, 10, and 20 years?

Who do you look up to? Why?

What are two jobs that you think are really cool or interesting? Why?

If you had to eat just one food for the rest of your life, what would it be?

If you could have any animal as a pet, what would it be?

What is one thing you want to accomplish or do in your lifetime?



Dinner Table Game 10 Things I Love About...

Take turns choosing a topic. Then, go around the table and have everyone name something they love about that topic. Examples include: seasons, holidays, a person, place, etc. Try to come up with 10 things you love about whatever the topic is!



Recipe Asparagus Sweet Potato Chicken Skillet

What you'll need:

1 lb. boneless chicken breasts

1 tablespoon olive oil

Salt and pepper

3 garlic cloves, minced

1 medium sweet potato, peeled and diced

$\frac{1}{2}$ cup chicken broth or water

$\frac{1}{2}$ lb fresh asparagus (the spears should be cut at a diagonal in 1 and 2 inch pieces)

$\frac{1}{2}$ teaspoon crushed red pepper



Directions:

Cut the chicken into small pieces and season with salt and pepper.

In a skillet over medium heat, add olive oil, garlic and chicken.

Sauté the chicken for about 7-10 minutes or until it is cooked though. Don't forget to stir well. Set chicken aside.

In the same skillet, add sweet potato and chicken broth.

Cook for about 7-10 minutes or until the sweet potato is cooked.

Add asparagus and cook for about 4-5 minutes.

Season with salt, pepper and crushed red pepper.

Derived from: <https://www.primaverakitchen.com/asparagus-sweet-potato-chicken-skillet/print/>



Health Ideas for Practicing Self-Care

Physical

Go for a walk - Dance - Clean and reorganize - Stretch

Mental

Read a book - Color or draw - Turn your phone off

Emotional

Talk to a friend - Journal - Meditate

