

The Dinner Table Project

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

October 2017



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. 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/developmental-assets to view the full list.



Positive Family Communication

Parents and/or caregivers express themselves positively and respectfully, engaging young children in conversations that invite their input.

TIP:

Get your child involved with things around the house—folding laundry, cleaning or putting away dishes. Even if you have to go behind them and re-do the chore, praise them! Your child will feel proud and want to help out more!



Caring Climate in Child-Care and Educational Settings

Caregivers and teachers create environments that are nurturing, accepting, encouraging, and secure.

TIP:

Leave encouraging notes around the house or in your child's backpack. Your child will be thrilled when they get a note that says, "Keep it up!" or "I'm so proud of you!"



Parent Involvement in Child Care and Education

Parents, caregivers, and teachers together create a consistent and supportive approach to fostering the child's successful growth.

TIP:

Parents and caregivers stay on top of what's happening at school. Most schools have a Facebook page where they list book fairs, reading nights and more for you to attend with your child after school.

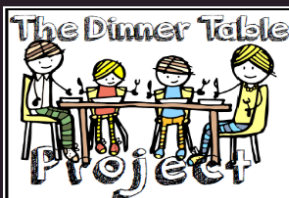
Talk. They Hear You.

- ✓ When kids don't feel comfortable talking to parents, they'll seek answers elsewhere, even if their sources are unreliable. And kids who aren't properly informed are at greater risk of engaging in unsafe behaviors and experimenting with drugs.
- ✓ Parents who are educated about the effects of drug use and learn the facts can give their kids correct information and clear up any misconceptions. You're a role model for your kids, and your views on alcohol, tobacco, and drugs can strongly influence how they think about them. So make talking about drugs a part of your general health and safety conversations.



October is National Substance Abuse Prevention Month

Go to <https://www.samhsa.gov/programs-campaigns/talk-they-hear-you> to learn about the campaign, for parent resources, and more!



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Conversation Starters

What new fact did you learn today?

What challenged you today?

What would you rate your day on a scale of 1 to 10? Why?

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

Did anyone push your buttons today?

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

When did you feel most proud of yourself today?



Recipe

MY MOM'S OLD-FASHIONED VEGETABLE BEEF SOUP

- 1 pot roast (about 2 pounds)
- 2 russet potatoes, chopped
- 1 bag frozen seasoning blend (or just chopped onions)
 - 1 bag frozen peas
- 1 bag frozen green beans
 - 1 bag frozen corn
- 4 large carrots, chopped
- 1 (32 oz.) container beef broth
- 2 (10.75 oz.) cans tomato soup
- 1 (10.75 oz.) can filled with water
- Salt and pepper, to taste

1. Season roast with salt and pepper and place in your slow cooker with half a can of beef broth. Cook on LOW for about 10 hours and shred with two forks.
2. In a very large pot, sauté carrots and seasoning mix in 1 tablespoon oil until tender.
3. Add beef, potatoes, and remaining veggies, remaining beef broth, tomato soup, water, salt and pepper.
4. Bring to a boil, lower the heat, cover and simmer for about an hour.
5. Add water as desired while it cooks.
6. This can also be cooked in the slow cooker! Make the roast ahead of time, add all the ingredients to your slow cooker, and cook on LOW for 6-8 hours.

Recipe from:

<http://smilesandwich.com/2015/10/03/my-moms-old-fashioned-vegetable-beef-soup/>

Health



When should I get vaccinated?

The Centers for Disease Control and Prevention (CDC) suggests that you should get a flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies to develop in the body that protect against flu, so make plans to get vaccinated early in the fall, before flu season begins. The CDC recommends that people get a flu vaccine by the end of October, if possible. Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout the flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

<https://www.cdc.gov/flu/protect/keyfacts.htm>

Dinner Table Game

WOULD YOU RATHER...

Eat three live earthworms or a peanut-butter and tuna sandwich?

Own a dangerous fire-breathing dragon or BE a dangerous fire-breathing dragon?

Eat everything with chopsticks or with your bare hands?

Be the richest person on the planet or be immortal?

Have a self-driving car or a spaceship?

Be the most popular kid in school or the smartest kid in school?

Be the president of the United States of America or the King/Queen of the entire world?

Never eat candy again or never drink soda again?

Have everyone come up with a couple of their own wacky "Would you rather" questions!

find more at:

<http://www.quirkybohemianmama.com/2016/06/50-funny-would-you-rather-questions-for.html>



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