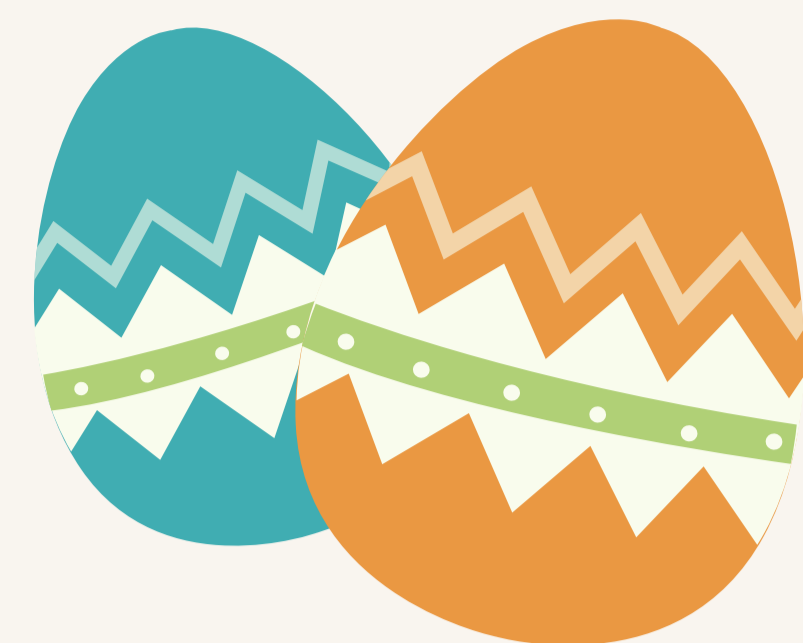


APRIL 2018

THE DINNER TABLE PROJECT

thedinnertableproject.com

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



DEVELOPMENTAL ASSETS

The 40 Developmental Assets were created by the Search Institute and are proven to help youth grow up to be caring and responsible adults. Please visit our website to see the full list.

EARLY LITERACY

It is important that your child enjoys a variety of pre-reading activities, including adults reading to him/her daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.

TIP: Have a sticky note letter hunt with your kiddo to help them take another step towards learning their letters!

SELF-REGULATION

It is important that your child can increasingly identify, regulate, and control his/her behaviors in healthy ways, using adult support constructively in particularly stressful situations.

TIP: Have your kiddo make a calm down box with items that help calm them down in times of stress. Having items all in one place make it easier to use coping skills instead of negative behaviors. Examples of items include: stress ball, music, puzzles, funny movie, drawing supplies, meditation recordings, and contact info of supports/resources.

RESPECT

Character Word of The Month

Respect: a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

Ways to Show Respect:

- R-recognize that everyone is different
- E-empathy is to listen and connect
- S-self monitor - think first
- P-personal space (give a little room)
- E-earn trust through your actions
- C-cheer on others and their successes
- T-treat everyone as an equal



DINNER TABLE GAME

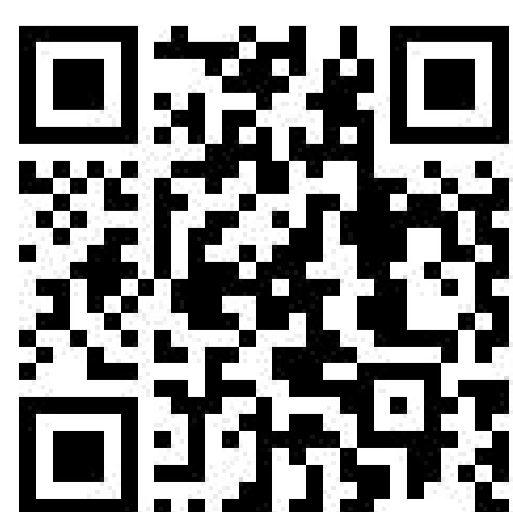
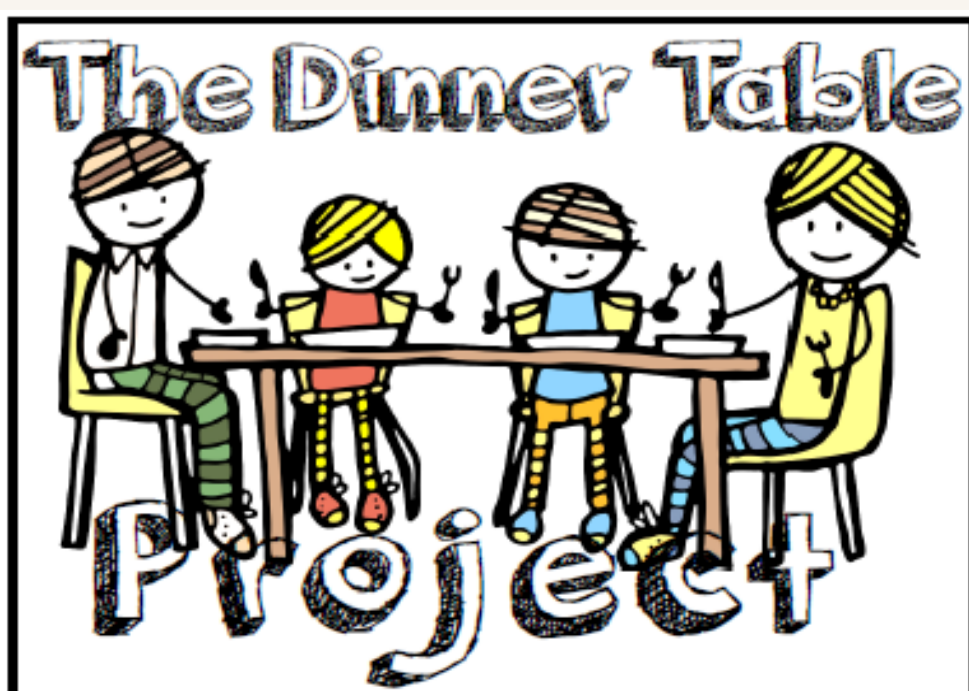


10 Things I Love About...

We take turns choosing a topic. Then we go around the table and everyone names something they love about that topic.

Examples include:

Seasons, holidays, person, place, etc. Try to come up with 10 things we love about whatever the topic is.



QUESTIONS OR COMMENTS? CONTACT:
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HEALTH

APRIL IS ALCOHOL AWARENESS MONTH!

Founded and sponsored by the National Council on Alcohol and Drug Dependence, INC. (NCADD), Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

This year's theme is: "Changing Attitudes: It's not a 'rite of passage' "

An integral part of NCADD Alcohol Awareness Month is Alcohol-Free Weekend, which takes place on the first weekend of April to raise public awareness about the use of alcohol and how it may be affecting individuals, families, businesses and our communities. During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those individuals or families who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms.

APRIL IS ALSO NATIONAL WALKING DAY MONTH!

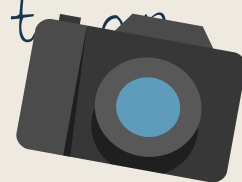
The first Wednesday in April is National Walking Day. The American Heart Association sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers (or take them with you) to work, and at some point in the day, you are encouraged to take a 30-minute walk.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes!
- Take a friend to pass the time!
- Make sure to stretch those muscles!
- Drink plenty of water!
- Move your arms, too!
- Make sure you have good posture!

HOW TO OBSERVE

Take thirty minutes out of your day to go for a walk and use #NationalWalkingDay to post on social media!



Find more at:

<http://newsroom.heart.org/events/move-more-in-april-physical-activity-month-5975268>



RECIPE

Baked Lemon Chicken-
Easy, healthy Baked Lemon Chicken with garlic, rosemary, potatoes, and asparagus. Everything cooks on ONE pan. Delicious and perfect for busy weeknights!

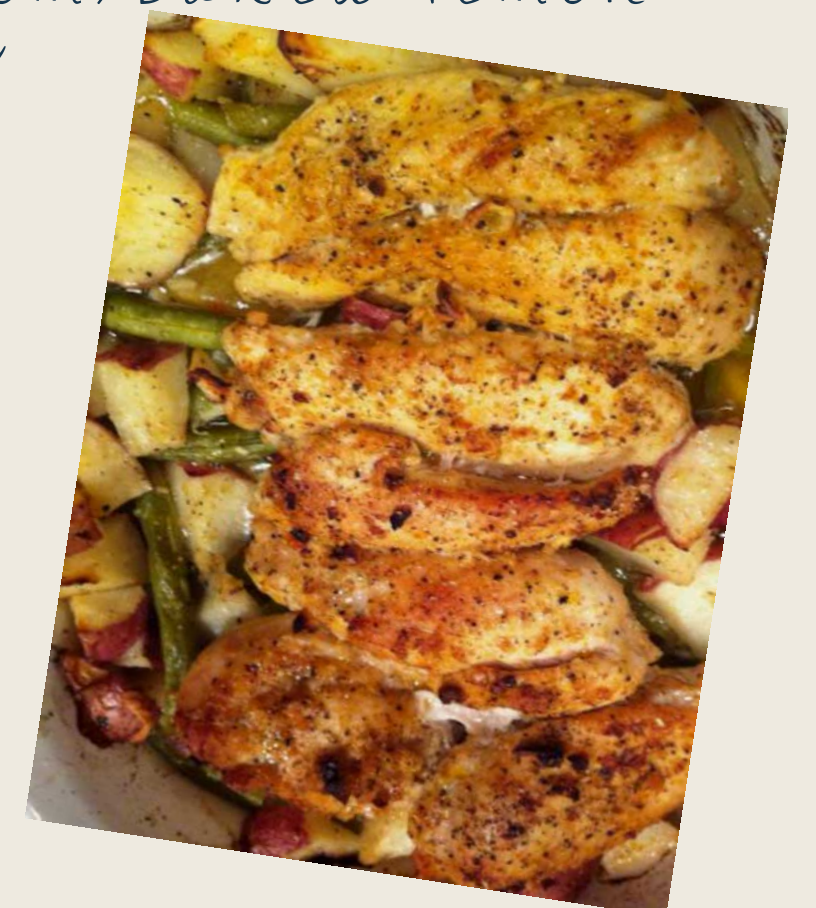
WHAT YOU'LL NEED:

- 1 pound baby red potatoes, cut into 1-inch pieces
- 3 tablespoons olive oil, divided
- 2 tablespoons chopped fresh rosemary, divided
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper, divided
- 2 pounds thin asparagus, tough ends trimmed and discarded, cut into 2-inch pieces (about 2 bunches)
- 1 1/2 pounds boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 1 teaspoon garlic powder
- 1 large lemon, juice and zest (you should have about 1/4 cup lemon juice total)
- Salt and freshly ground black pepper

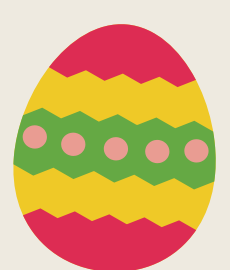
Directions:

1. Place a rack in the center of your oven, then preheat the oven to 400 degrees F. Generously coat a large, rimmed baking sheet with nonstick spray. Place the potatoes in the center and top with 1 tablespoon olive oil, 1 tablespoon rosemary, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper. Toss to coat, then spread into an even layer. Place in the oven and roast for 20 minutes.
2. Meanwhile, place the asparagus, chicken, and garlic powder in a large bowl. Drizzle with the lemon juice and add the lemon zest, remaining 2 tablespoons olive oil, 1 tablespoon rosemary, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper. Toss to coat, then transfer to the baking pan with the potatoes. With a spatula, loosely toss the ingredients so that they are evenly combined and spread into an even layer. Overlap the chicken as little as possible.
3. Return the pan to the oven and bake an additional 15 to 20 minutes, until the chicken is cooked through, stirring once or twice throughout. The asparagus may release some liquid, which you can carefully pour off the pan, or use a slotted spoon or spatula to serve so that you do not get this liquid on your plate. Enjoy hot!

<https://www.wellplated.com/baked-lemon-chicken/>



CONVERSATION STARTERS



When you eat a chocolate bunny, do you eat the ears or tail first? Why?



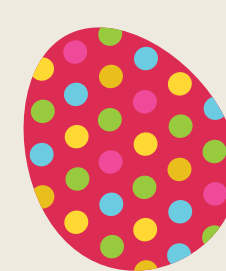
If you could change one thing about the world, what would you change?



What is the best April Fools prank you've ever pulled?



Who is your favorite poet and why are they your favorite?



What is your favorite thing about Easter (or a holiday your family celebrates)?