

MAY 2018

## THE DINNER TABLE PROJECT

A PROGRAM FOR FAMILIES TO EAT TOGETHER, HAVE FUN,  
AND GROW CLOSER THROUGH CONVERSATION.

THE DINNER TABLE PROJECT.COM

### DEVELOPMENTAL ASSETS

The Search Institute had identified building blocks of healthy development, the 40 Development Assets. These building blocks help youth grow up to be caring and responsible adults. Please visit our website to see the full list.

#### PERSONAL POWER

When appropriate, let your child make their own choices to give them a sense of having some influence over things that happen in his or her life.

**Tip:** Giving children opportunities to make choices helps build their sense of responsibility, as well as their decision-making skills. It is important that the choice really is theirs, so give options that you will be happy with no matter which they choose. Showing interest in their choice helps to reinforce that you see their decisions as important.

<https://www.kidsmatter.edu.au/families/enewsletter/five-tips-help-children-develop-decision-making-skills>

#### SERVICE TO OTHERS

It is important to give your child opportunities to perform simple but meaningful and caring actions for others.

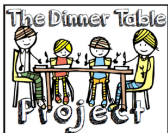
**Tip:** Most of our kiddos have more toys than they can possibly play with. Have you and your kiddo go through their toys and choose 10 (or whatever number you want) toys to give to children who don't have any toys. Even children can realize the importance of having toys to play with and want to make that possible for other children.

<https://www.brighthorizons.com/family-resources/e-family-news/2010-teaching-children-to-help-others>

### Character Word of the Month...

#### RESPONSIBILITY

**A person of character meets the demands of duty, is accountable, pursues excellence, and exercises self control.**



#### *Ways to be responsible:*

*When you borrow something, give it back!  
When you open something up, close it back!  
If you make a mess, clean up after yourself!*



## HEALTH

### MAY IS MENTAL HEALTH AWARENESS MONTH!

THIS YEAR, NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) IS PROMOTING "CURESTIGMA" TO HELP END PEOPLE BEING SHAMED INTO SILENCE.

DURING THE MONTH OF MAY, HELP INCREASE THE AWARENESS ON THE IMPORTANCE OF MENTAL HEALTH BY:

PROVIDING SUPPORT FOR A PERSON WITH MENTAL ILLNESS, EDUCATE THE PUBLIC TO HELP FIGHT STIGMA, ADVOCATE FOR POLICIES THAT SUPPORT PERSONS WITH MENTAL ILLNESS AND THEIR FAMILIES. ABOVE ALL- SHOW COMPASSION, EMPATHY AND UNDERSTANDING.

TIPS TO BOOST YOUR MENTAL HEALTH:

- JOURNAL YOUR THOUGHTS
- TREAT YOURSELF TO SOME DARK CHOCOLATE (IT IMPROVES ALERTNESS)
- COLOR IN A COLORING BOOK (IT CAN HELP WITH FEELING ANXIOUS AND CLEAR YOUR MIND)
- LAUGH! WATCH A FUNNY MOVIE OR YOUTUBE CLIP (CATS AND CUCUMBERS IS HIGHLY RECOMMENDED)
- SPEND TIME WITH FAMILY OR FRIENDS (PLAY A GAME, GO TO THE PARK, HAVE A BBQ)
- GO FOR A 30 MINUTE WALK (IT CAN BOOST ENERGY LEVELS AND OVERALL WELL-BEING)

FIND OUT MORE AT:

<https://www.nami.org/mentalhealthmonth>



## RECIPE

### 3-INGREDIENT CROCK POT CHICKEN TACOS

What you'll need:

- 3 or 4 boneless chicken breasts
- 1 (16 ounce) jar of salsa
- 1 pack of taco seasoning



Directions:

1. Mix together 1 (16 ounce) jar of salsa and 1-2 tbsps of taco seasoning until well blended.
2. Place 3-4 chicken breasts in your slow cooker with the mixture. I like to trim the fat off of the chicken first.
3. Cover and cook on HIGH for about 4 hours or LOW for 6-8 hours.
4. Shred the chicken with a fork, and serve in tacos, in a burrito, on top of a salad, on a baked potato, or however you'd like!



### 3 Ingredient CROCKPOT TACO CHICKEN



From:

<http://www.listotic.com/mind-blowing-ways-cook-meat-crockpot/6/>

## CONVERSATION STARTERS

What is your favorite thing about mom? (if no mom, then mother figure- grandmother, aunt, or even single dad!)

Who is your favorite Star Wars character and why?

Who is your favorite teacher and why is she/he your favorite?

Would you rather build a sand castle or a snowman?



## DINNER TABLE GAME

### What's Missing?

- One player closes their eyes
- While their eyes are closed, everyone else takes one item off of the table and hides it in their laps (fork, candle, pepper shaker, etc)
- The player opens their eyes and tries to guess what is missing
- Do this in reverse with everyone closing their eyes except one person who takes 4 items off the table.
- The first person to guess all four items wins!





# SUMMER EDITION!



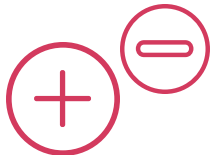
**Constructive use of time is an "external asset" from the 40 Developmental Assets. Make sure your child is using their time wisely and keeping their brain active over the summer break!**

## Avoid summer brain drain! with these games & tips!



Use the top of a shoe box and fill with sand, sugar, or salt. Give your child a letter or word to write! Just gently shake the box to erase!

Go for a family walk and have your child point out the different shapes he/she sees! Ask them to find a living thing that has a circle, square, rectangle or triangle shape. They won't even know they're working on their geometry skills!



Find math opportunities with your younger children by cooking and baking! If you have older kids, let them be responsible for a family meal- handling the budget, shopping, and cooking! Together, they can deal with size portions and measurements!

## GREAT BOOKS TO READ OVER THE SUMMER!

### ELEMENTARY AGE

### MIDDLE SCHOOL AGE



- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• CHARLOTTE'S WEB</li> <li>• WHAT DO YOU DO WITH AN IDEA</li> <li>• BROWN GIRL DREAMING</li> <li>• A WRINKLE IN TIME</li> <li>• THE GIVING TREE</li> </ul> | <ul style="list-style-type: none"> <li>• HARRY POTTER SERIES</li> <li>• FRANCIE</li> <li>• TO KILL A MOCKINGBIRD</li> <li>• THE LION, THE WITCH, AND THE WARDROBE</li> </ul> |
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**Have a fun & safe summer from  
[thedinnertableproject.com!](http://thedinnertableproject.com)**



# SUMMER EDITION!



**stay safe this summer with these tips and protective factors!**



Summer is a time to have fun. Follow these safe tips to have a fun and safe summer!

- 1 Take a friend with you whenever you go places or play outside
- 2 Know your full name, address, telephone number, and your parents' names
- 3 Check with your parents or the person in charge before you go anywhere or get into a car, even with someone you know
- 4 If you ever get lost in a public place, talk to someone in charge as soon as possible! He or she will help you find your parents
- 5 Talk with your parents about which online activities are safe and which are not



## Protective Factors

### Opportunities for Prosocial Involvement

Young people who are exposed to more opportunities to participate meaningfully in the responsibilities & activities of the family are less likely to engage in drug use & other problem behaviors!

**TO IMPROVE COMMUNICATION!**  
It helps your child practice patience & learn perspectives!

### Family Attachment

Young people who feel that they are a valued part of their family are less likely to engage in substance use & other problem behaviors!

Why should we eat together as a family?

### Rewards for Prosocial Involvement

When parents, siblings, & other family members praise, encourage, & attend to things done well by their child, children are less likely to engage in substance use & problem behaviors!

**TO EXPAND THE DEFINITION OF FAMILY!**  
Invite your friends for dinner. Friends are family, too!

**TO STRENGTHEN FAMILY VALUES!**  
Help your child build confidence in and act upon their values, helping them to understand how to address situations they face outside the family unit!

