

October

## The Dinner Table Project

2018

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

### Jack-O-Lantern Quesadillas

What you'll need: 1 can refried beans, shredded Mexican cheese blend, and 10 flour tortillas.

Directions: Using a sharp knife or kitchen shears, cut a Jack-O-Lantern face out of 5 of the tortillas. Preheat your oven to 375 degrees. Place the 5 uncut flour tortillas on a large baking sheet. Make sure they do not overlap. Spread a few tablespoons of refried beans over each tortilla. Sprinkle them with the Mexican cheese, and then top each one with a cut out tortilla. Bake in the preheated oven for around 5 minutes, until the cheese has melted and the tortillas have started to brown.

Makes 5 Jack-O-Lantern Quesadillas



### CONVERSATION STARTERS *for drug & alcohol prevention*



When do you think kids are ready to try alcohol? What about cigarettes or other tobacco products?



What have you heard about E-cigarettes or vaping?



Why do you think young people try drugs and alcohol?



Do you know any kids who have tried alcohol or drugs? What do you think about that?



Do you know what addiction is?

October is National Substance Abuse Prevention Month.  
Turn over to read more!



### After Dinner Table Game *Mummy Race*

1. Pair up in teams of two.
2. One person will wrap their partner in toilet paper.
3. Once you're wrapped up from your ankles to your head, you'll then race to the finish line.
4. Swap partners and race again!

## RESPECT

### CHARACTER WORD OF THE MONTH

A person of character values everyone, lives by the Golden Rule, is courteous and polite to all, and is tolerant and accepting of others.

### *How Can I Show Respect?*

- Respect others' time and be on time
- Help people without being asked
- Embrace people's differences
- Use "please" and "thank you"
- Tell the truth



*Find us on Instagram!*

@TheDinnerTableProject

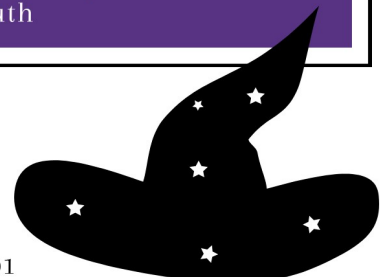


Check  
out our  
new  
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FOUR RIVERS  
REGIONAL  
PREVENTION  
CENTER

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## National Substance Abuse Prevention Month

October is recognized as National Substance Abuse Prevention Month. The month-long observance is to honor the role that prevention plays in promoting safe and healthy communities. Preventing drug use before it begins is the most cost-effective way to reduce drug use and its consequences. Awareness months can be an excellent way to bring up tough topics with your kids. Below is some information that can help you discuss and educate your child on substance abuse prevention.

1. The younger the better. Start talking to your kids at a young age. Initiate conversations about drugs with your children whenever you can.
2. Listen to your kids. If you listen when they speak, your children will feel more comfortable talking with you and are more likely to stay drug-free. Always answer your children's questions about drugs as often as they ask them.
3. Build emotional ties and resiliency first. Children with mental health issues, or who have a difficult time managing their emotions, have higher rates of drug and alcohol use. Building emotional and family support early can help deter problems with drug abuse in adolescence.
4. Establish a clear, no-nonsense family position on drugs. Set clear boundaries and expectations and make sure your child knows the consequences if those are broken.
5. Set a good example. Children often follow their parents' examples. Try to offer guests nonalcoholic drinks in addition to wine and liquor. Don't take pills, even aspirin, extensively.

### Together, We Can Help Our Youth Thrive!

Youth Thrive is identified as five protective and promotive factors that increase the likelihood that adolescents can develop into healthy, thriving adults. The first protective and promotive factor is Youth Resilience.

Adolescent years can be full of happy and exciting changes. These changes can also bring stress and unexpected life events. Numerous researchers have concluded that how youth respond to stressors is much more important than the stressor itself. Youth are more likely to achieve healthy, favorable outcomes, and to thrive if they are resilient. Resilience is the process of managing stress and functioning well even when faced with adversity and trauma. The outcome is personal growth and positive change.

Some stressors youth face can be easily managed, but some stressors cannot be easily resolved. There are some stressors, challenges, adversities, trauma and life altering events youth simply cannot fix. When these occur, youth are resilient when they can call forth their inner strength to positively meet challenges, manage adversities, heal the effects of trauma and thrive given their unique characteristics, goals and circumstances.

Research studies show that youths' resilience is aided by a trusting relationship with a caring and encouraging adult who provides positive guidance and promotes high expectations. Encouraging youth to demonstrate resilience helps youth to internalize the belief that their lives are important and meaningful. Thus, they can envision and diligently work with purpose and confidence toward future possibilities for themselves.

Learn more at:

<https://www.cssp.org/reform/child-welfare/youththrive>

**Tip for helping to build resilience:**

Accept that change is part of life. Change can be scary for children. Help your child see that change is part of living and new goals can be really good. In school, point out how students have changed as they have moved up in grades and discuss how that change has had a positive impact on the students.

### FUN FOOD FACT!

A bunch of bananas is called a hand.



FOR KIDS!

### Halloween Safety Tips for a Boo-tiful Night

1. Make sure you are visible. Go early and carry flashlights. Use glow necklaces and wear reflective tape on your costume or clothing.
2. Use caution when crossing the street. Stop at all street corners and stay together in a group before crossing. Use crosswalks, and do not cross between parked cars. Always look left, right, and left again before crossing the street and make eye contact with drivers.
3. Always show your parents your candy before eating it. Your parents should inspect all candy for any signs of tampering.
4. Do not accept or eat anything that isn't commercially wrapped. Always throw away any candy or treats that are homemade, unwrapped, or have torn wrapping.
5. Practice wearing your costume ahead of time. Put on costume and role play with parents or siblings on your door step and side walk to insure your costume won't cause any problems while trick-or-treating.

### Resources for Parents

Prevention of Opioid Abuse and Suicide  
[www.seethesignsky.com](http://www.seethesignsky.com)

National Institute on Drug Abuse  
[www.drugabuse.gov](http://www.drugabuse.gov)

Substance Abuse and Mental Health Service Administration  
[www.samhsa.gov](http://www.samhsa.gov)

Healthy Brain. Happy Kids.  
[www.parentingforbrain.com](http://www.parentingforbrain.com)

### CDC's FREE Milestone Tracker App

- ☒ Track Milestones
- ☒ Share a Summary
- ☒ Get Tips & Activities

[cdc.gov/MilestoneTracker](http://cdc.gov/MilestoneTracker)

