

# The Dinner Table Project

## January 2019

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

Conversation  
Starters

What was the best thing that happened to you this past year?  
What was the most challenging thing that happened?  
Pick three words to describe 2018.  
What was one of your proudest moments from this past year and why?  
What is one thing you want to do in the new year?

### 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 provide tips on how you can use them in your everyday life. Visit our website for the full list!

#### Resistance Skills

It is important that your child learn to stay away from people who are likely to get him/her in trouble and to say no to doing wrong or dangerous things.

TIP: Practice! Give your child different scenarios (i.e. If you were on the playground and someone handed you medicine, what do you do?) and talk through their answer until you can agree on a solution.

#### Caring

There is a reason it is this month's Character Counts Word of the Month! It is important that we talk to our kids about the importance of helping people.

TIP: Show them! Help someone take their groceries out to the car, open doors for people, if someone drops something- pick it up! Your child will start helping others the more they see you doing it.

#### Honesty

Honesty is the best policy, right? It is important that we talk to our children about honesty and the importance of telling the truth.

TIP: Tell your child the story 'The Boy Who Cried Wolf'. When you think your child isn't being honest, gently remind them of the story and how not being honest caused people to not trust the boy anymore.

#### Character Counts

### Word of the Month: Caring

Someone or something that shows kindness and concern for others. A person who is concerned about others and who does kind things for them is an example of someone who would be described as caring.

Fun Food  
Fact!

The tea bag was created by accident, as tea bags were originally sent as samples.

January  
Reading  
List

(3-5 years) The Wonky Donkey by Craig Smith  
(3-7 years) The Wonderful Things You Will Be by Emily Winfield Martin  
(7-10 years) Dog Man and Cat Kid (Captain Underpants: Dog Man Series #4) by Dav Pilkey  
(9-12 years) Fantastic Beasts and Where to Find Them by J.K. Rowling, Newt Scamander

For the parents:  
How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber, Elaine Mazlish

FOUR RIVERS  
REGIONAL  
PREVENTION  
CENTER

The Dinner  
Table Project



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## What's New in Health?

From 2017 to 2018, the largest recorded increase for any adolescent substance use in the past 43 years was due to vaping. The annual Monitoring the Future survey has tracked national substance use among U.S. adolescents every year since 1975. This increase in vaping means that there were at least 1.3 million additional nicotine vapers in 2018 than in 2017. A "JUUL" is a vaping device that has recently come on the market and has rapidly caught the attention of adolescents. To "vape" is to inhale an aerosol from a JUUL or similar device created by heating a liquid that typically contains nicotine. Nicotine is the highly addictive component in traditional tobacco products such as cigarettes. However, inhaling an aerosol comes with a new set of problems. It can contain harmful substances, including heavy metals like lead, volatile organic compounds, and cancer-causing agents. Vaping marijuana also increased this past year by more than half. Novelty and the ability to easily conceal vaping devices are two reasons why these products highly appeal to youth.

Sources: <http://www.monitoringthefuture.org/pressreleases/18drugpr.pdf> and [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf)



## Talking to Kids About Alcohol and Other Drugs:

### 5 Conversation Goals

Research shows that one of the most important factors in healthy child development is having a strong, open relationship with a parent or caregivers. SAMHSA's Talk. They Hear You. campaign provides parents and caregivers the tools and information they need to start talking with their children early about the dangers of alcohol and other drugs. Here are 5 conversation goals to get you started:

1. Show you disapprove of underage drinking and other drug misuse.
2. Show you care about your child's health, wellness, and success.
3. Show you're a good source of information about alcohol and other drugs.
4. Show you're paying attention and you'll discourage risky behaviors.
5. Build your child's skills and strategies for avoiding drinking and drug use.

[https://www.samhsa.gov/sites/default/files/talk\\_to\\_your\\_kid\\_s\\_5\\_conversation\\_goals.pdf](https://www.samhsa.gov/sites/default/files/talk_to_your_kid_s_5_conversation_goals.pdf)

## Dinner Table Game Story Starters

Write several words on slips of paper and put them in a box. Have each person at the table choose a word from the box. These words are now your "Story Starters"- Everyone at the table has to help make up a story using all the words that were chosen!

## Sweet Potato Chili

### What You'll Need:

- 1 15 ounce can of sweet potatoes, not drained
- 1 tablespoon chili powder
- 1 16 ounce jar of your favorite salsa
- 2 15 ounce cans of black beans, not drained
- Water to add for your desired thickness

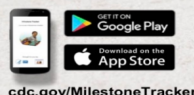
### Directions:

Combine sweet potatoes, chili powder and salsa in a large saucepan. Bring to a boil, reduce heat to simmer and cook until heated through, stirring occasionally. Add beans and cook for 3 minutes. Use water to thin liquid to your liking. Serve with sour cream and shredded cheese (optional).

### Try CDC's FREE Milestone Tracker app today...

*Because milestones matter!*

- Illustrated milestone checklists for 2 months through 5 years
- Summary of your child's milestones to share
- Activities to help your child's development
- Tips for what to do if you become concerned
- Reminders for appointments and developmental screening



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



Now available in Spanish!



## Coffee & Conversation

Parents and their children in grades K-5

January 31, 2019  
6:15-7:30

The Zone  
1620 Kentucky Ave.  
Paducah, KY 42003

Hosted by the  
Regional Interagency  
Council (RIAC)