

The Dinner Table Project

February 2019

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

Remember:
Family dinner
should be a time
where phones
and other
electronics are
put away. Use
the conversation
starters to get
your kiddos
talking!

Conversation Starters

What does the word love mean to you?

How does it make you feel when someone says they love you?

What are some ways you can make a friend smile?

If you could make your whole house out of food, what food would you use?

How do your friends know that you care about them?

What qualities make someone a nice person?



Word of the Month Fairness

*Treating everyone the exact same way no matter what,
sharing and taking turns, playing by the same rules, being
inclusive, and keeping an open-mind about different opinions
are all ways to show fairness.*



Heart Healthy Burrito



What you'll need:

*Four (10 inch) tortillas (Fat free or whole wheat) - 2 cups chicken strips
1 1/3 cups brown rice - 1/3 cups broccoli - 2 cups shredded Cheddar Cheese*

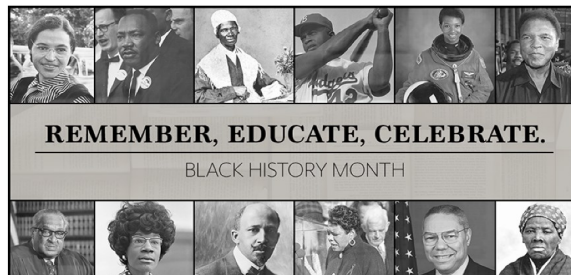
Directions:

Cook chicken strips, brown rice and broccoli according to each of their package instructions. Warm tortillas in a microwave for 10 seconds.

To build 1 burrito: Place 1/2 cup of chicken on the bottom third of each tortilla, followed by 1/3 cup of brown rice, then 1/3 cup of broccoli. Evenly sprinkle 1/2 cup of cheese over the broccoli. Repeat steps 1 through 4 using remaining tortillas and ingredients. Roll each tortilla into a burrito and cut in half on an angle, serve hot.

Black History Month was founded by Dr. Carter G. Woodson. It was first celebrated on February 1, 1926 and since 1976, it has become a nationally recognized month-long celebration, held each year during the month of February to acknowledge and pay tribute to African-Americans neglected by both society and the history books.

February Reading List



REMEMBER, EDUCATE, CELEBRATE.

BLACK HISTORY MONTH

**A Kid's Guide to African American History:
More than 70 Activities (A Kid's Guide series)**
Written by Nancy Sanders

Ellington Was Not a Street
Written by Ntozake Shange, Illustrated by Kadir Nelson

Of Thee I Sing: A Letter to My Daughters
Written by Barack Obama, Illustrated by Loren Long

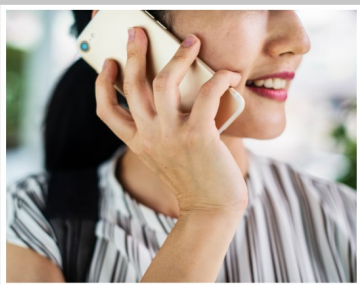
thedinnertableproject.org



Find us!



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Dinner Table Game: Telephone

How to Play: One person starts by whispering a short phrase into the ear of their neighbor to their right. That person then whispers what they heard to the person on their right. And so it continues around the table until it gets to the person to the host's left. That person then announces what they heard to everyone. If someone didn't hear what was said in their ear, typically one "redial" is allowed. Please don't whisper too softly, spit, or intentionally change the phrase when playing!

February is American Heart Month

The division of heart disease and stroke prevention would like to bring awareness to cardiovascular disease, as it is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke which is equal to 2,200 deaths per day. (cdc.gov)

How to Help Prevent Heart Disease at Any Age

(<https://www.heart.org/en/healthy-living/healthy-lifestyle/how-to-help-prevent-heart-disease-at-any-age>)

In your 20's- don't smoke and try to prevent second hand smoke.

In your 30's- Tame your stress. Long-term stress causes an increase in heart rate and blood pressure.

In your 40's- have your blood pressure level checked.

In your 50's- learn the separate heart attack symptoms for men and women. Starting in your 60s- it's a good idea to get an ankle-brachial index test as part of a physical exam.

Developmental Assets

The Search Institute identified 40 positive supports and strengths that young people need to succeed. They focus on relationships, opportunities, values, commitments, and more. We introduce you to 2-3 assets each month and provide you with a tip to incorporate it in your everyday life. See the assets on our website or go to www.search-institute.org!

Time at Home

It is important for children to spend most of their time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.

Tip: Have your children read to you for at least 15 minutes each night.

Responsibility

It is important that your child begins to follow through on simple tasks to take care of her or himself and to help others.

Tip: Parents ask children to make their beds in the morning when they awake

Personal Power

Give your child opportunities where they can make choices that give them a sense of having some influence over things that happen in his or her life.

Tip: parents allow your children to pick out their own clothes/shoes.

It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs

If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs.

<https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>



LOVE IS RESPECT

This February, start talking about **HEALTHY RELATIONSHIPS!**

February is Teen Dating Violence Awareness Month.

Adolescence is ideal for promoting healthy relationships and preventing patterns of dating violence that could last into adulthood.

It's never too early to start talking.