



THE DINNER TABLE PROJECT

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

BUNNY BAIT CHEX MIX

Ingredients:

- 3 ½ cups Rice Chex cereal
- 3 ½ cups Honey Nut Cheerios
- 1 ½ cups pretzel sticks
- ½ cup salted peanuts
- 16 oz vanilla almond bark (2 cups or 8 squares)
- 10 oz bag Spring-themed M&M's
- ½ cup butterscotch chips

Instructions:

- Line a sheet pan with parchment paper.
- In a large bowl mix the cereal, pretzels, and peanuts.
- Melt the vanilla almond bark in the microwave, stirring every 15 seconds until smooth.
- Pour the melted bark over the cereal mix and stir to coat.
- Gently mix in the M&M's and butterscotch chips.
- Spread evenly on the pan and let set for about 45 minutes.
- Break into pieces, serve, or store in an airtight container.

Tips: Leave nuts out for a nut-free version. Add in sprinkles or marshmallows for extra fun. Swap the M&M's for each holiday!

CONVERSATION STARTERS

- What is a **meal or snack** that always makes you feel happy or reminds you of home?
- What is something **kind** you can do for someone this week - big or small?
- If you could plan the **perfect spring day**, what would you do and who would you spend it with?

QUESTIONS TO ASK EVERYDAY

- What did you **learn** today?
- What was your **favorite moment** of the day?
- Who **helped** you today, and how did it make you feel?

The April 2026 DTP newsletter was developed by the Four Rivers Regional Prevention Center.



HONESTY JAR

Materials needed:

- Jar, box, or container
- Small slips of paper or sticky notes
- Pens or markers



Instructions:

- Explain the jar: It's for celebrating kind and honest actions.
- Write notes: When someone does something kind, honest, or fair, write it down.
- Add notes: Put the notes in the jar regularly.
- Share: Once a week, read the notes together and talk about them.
- Optional: Decorate the jar or use colorful paper to make it fun.

DEVELOPMENTAL ASSETS

Integrity - Parents help child develop their own sense of right and wrong behavior.



Tips:

- Model Honesty - Show your child how to tell the truth, admit mistakes, and keep promises.
- Discuss Values - Talk about what is right and wrong and why actions matter.
- Encourage Responsibility - Let your child make choices and learn from them.
- Notice Good Choices - Point out when your child acts honestly or kindly.
- Provide Safe Spaces - Allow your child to share mistakes without fear.
- Teach Empathy - Help your child consider how actions affect others.

DTP ON THE GO...

April is the perfect time for families to explore music and movement together. Turn everyday moments into a little rhythm and fun—whether you're doing chores, cooking dinner, or riding in the car. **Create** a family playlist of favorite songs and take turns coming up with dances, clapping patterns, or even simple instruments using things around the house like pots, spoons, or empty containers. Try **rhythm games**, like echoing each other's claps or stomps, or challenge one another to make up new beats. It's a great way to **spark creativity, build coordination, and enjoy some laughs together as a family.**



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